Overview

What we (PCC) want you (students) to learn

- How COVID-19 is spread
- Your responsibilities for coming on campus (or other PCC sites)
- Where PCC is in reopening
- What resources are available to you
Compliance Requirements & Guidelines

Health and safety administrative protocols and procedures are based on requirements and guidelines outlined by:

- Governor Kate Brown’s [Executive Orders](#)
- Higher Education Coordinating Commission (HECC) [Requirements](#)
- Center for Disease Control and Prevention (CDC) [Guidelines](#)
- Oregon Health Authority (OHA) [Requirements](#)
- Oregon Occupational, Safety and Health Administration (OSHA) [Requirements and Guidelines](#)

We strive to remain aligned with scientific updates, Governor directives, OHA, CDC and other health authorities, and sound practices followed by other institutions.
Disclaimers

When you complete this training, you must sign an acknowledgement of risk that will be linked at the end of the training.

This training will not:

• Provide all the answers for COVID-19 related questions. Take a look at our COVID-19 FAQ page for more information.
• Remain the same. Information about COVID-19 is constantly changing and so will the information we provide.
How COVID-19 is spread
How COVID-19 is spread

COVID-19 is a respiratory disease thought to spread mainly through respiratory droplets produced when an infected person coughs, sneezes, or talks.

Your risk of spreading COVID-19 increases the longer and closer you stay in contact with others.

Symptoms may appear 2-14 days after someone is exposed to the virus and can include fever, chills, and cough.

These symptoms can range from mild to severe. However, some people who are infected may not have symptoms.
Higher Risk Individuals

Many members of our community are at a higher risk for contracting COVID-19 because of their demographics or environmental factors. These include:

- Members of traditionally marginalized groups have a higher risk because of long-standing systemic health, environmental, and social inequities.
- Community members with certain underlying medical conditions.

Be mindful that others may be at a higher risk and be diligent in following these guidelines to help protect all members of the PCC community.
Signs and Symptoms

COVID-19 symptoms are similar to the flu with a few distinct differences.

Primary symptoms include:
- Fever above 100.4F
- Cough
- Shortness of breath
- Chills
Signs and Symptoms

Some symptoms that are often associated with COVID-19 but are non-specific and could be attributed to other illnesses such as colds, infections, or seasonal allergies include:

- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Diarrhea
- Nausea
- Vomiting
- Nasal congestion
- Runny nose
Got Symptoms?

If you have symptoms of or test positive for COVID-19, or you choose to self quarantine because of recent close contact with a symptomatic person:

• Call 971-722-1919
• Email covidreporting@pcc.edu

If you develop symptoms while at a PCC site, you should leave campus as soon as possible and seek medical assistance. If you can’t leave immediately move outdoors or move to the designated isolation room.

Each campus will have an appropriate isolation room and communicate that with you.

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Returning to Campus

If you have isolated or quarantined, you will be allowed to return to campus once you have been advised that you are cleared for return by a medical professional and have been in contact with us.

- Call 971-722-1919
- Email covidreporting@pcc.edu

You are entitled to return to your course, if it is still available and without any adverse action, if you were quarantined or isolated because of medical advice from a professional or PCC staff related to COVID-19.
Your responsibilities
Reduce Risk and Protect the Community

We want you to do the following before coming to PCC or a PCC-affiliated site to protect our community and to help stop the spread of COVID-19.

- Perform a daily self check
- Wear a face covering
- Stay physically distant
- Wash your hands
- Limit what you bring to class
Perform a Daily Self Check

Before you arrive at PCC, you must have already performed a daily self check by filling out PCC’s daily self check form. Login to MyPCC and find the link on the Home tab in the COVID-19 Info channel.

The self check should include monitoring for COVID-19 symptoms, including a fever.

Do NOT come to PCC or to your co-op site if you or anyone you live with is experiencing COVID-19 like symptoms or has tested positive for COVID-19.
Wear a Face Covering

We require everyone at a PCC site, even in the parking lot, to wear a face covering.

- Wash your hands before putting on your face covering.
- Put it over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.

More information on how to select, wear, and clean face coverings is available from the CDC.

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Face Shields

Face shields are **not** a substitute for face coverings. Face shields are primarily used to protect your eyes and have large gaps below and alongside the face. If you are going to wear a face shield, it **must** be worn with a face covering.

If the Disability Services office has worked with you to setup a documented accommodation related to face shields, please let your instructor know before the first day of class. For more information, reach out to [Disability Services](mailto:disabilityservices@portlandcc.edu).

Winter Term 2021
Physical Distancing

We require everyone at a PCC site to maintain a distance of six feet or more to the greatest extent possible.

Face-to-face meetings are also discouraged. Use Google Meet or Zoom if you need to meet with someone. You can learn how to use these tools by visiting our student help desk.
Instructional Spaces

We’re modifying classroom seating to ensure six feet of physical distance between you, other students, and your instructor.

Be mindful of how you enter and exit a classroom. Maintain physical distance if you’re waiting for your instructor to allow you into a room.

We will have warning and directional signs placed to instruct you to minimize your potential exposure.
Wash Your Hands

Wash your hands with soap and water for at least 20 seconds or use a 60% or higher alcohol-based hand sanitizer before arriving at a PCC site, or more frequently if needed.

Soap and water will be available in all restrooms, and hand sanitizer stations can be found in high-use areas such as entrances to buildings and classrooms, as feasible.
Limit What You Bring

Be mindful of what you bring to class and consider leaving unnecessary items at home or in your car.

Items you bring into class have a chance to be touched by someone else.

If you need to have an item with you, make sure to store it somewhere only you will touch.
Accommodations

If you have a disability-related reason for not being able to meet COVID-19 health and safety protocols and administrative procedures, you can request an accommodation.

Contact disability.services@pcc.edu to discuss the options available to you.
Reopening PCC
Reopening PCC

Right now PCC is planning to resume in-person classes in stages and gradual steps. How quickly these stages move is based on a lot of factors, but most notably is the conditions of COVID-19 in our area.

Read our Reopening Planning page for full details on where we’re at.
Student Resources
Resources

PCC resources are available to you online.

Our COVID-19 Resources has the latest updates and information about COVID-19 protocols, procedures, and frequently asked questions.

- Call 971-722-1919 to report possible or confirmed COVID-19 cases.
- Email covidquestions@pcc.edu for questions about PCC’s COVID-19 plans.
Local Health Department Information

- Multnomah County 503-988-3674
- Washington County 503-846-4402
- Columbia County 503-397-4402
- Clackamas County 503-742-5931
- Clark County Washington 564-397-8000
Resources

Even though PCC locations are closed, all our services are available online:

- **MyPCC Virtual Help Tab** *(make sure you are logged into your PCC account and click on “virtual help” in the top toolbar)*
- **Disability Services**
- **Counseling**
- **Advising**
- **Financial Aid**
- **DREAMers Resource Center**
- **Multicultural Centers**
- **Queer Resource Centers**
- **Veterans Resource Centers**
- **Women's Resource Centers**
- **Outreach and Advocacy Project**
Thank you for reviewing our student health and safety training.

To certify that you completed this training, you must click the link below to review and agree to follow our health and safety rules:

Student Acceptance of Health and Safety Rules

Remember your responsibilities for protecting our community:

- Perform a daily self check
- Wear a face covering
- Stay physically distant
- Wash your hands
- Limit what you bring to class