

COVID-19 Student Health and Safety Training

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



Disclaimers

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 100.4°F
- Cough
- Shortness of breath
- Chills



Signs and Symptoms

Some symptoms that are often associated with COVID-19 but are also 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 an isolation room. Contact 971.722.4902 for assistance accessing the designated isolation room at your PCC location.

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

If you were quarantined or isolated because of medical advice from a professional or PCC staff related to COVID-19, if your course is still available, you are entitled to return to to class without any adverse action.

COVID-19 Vaccinations

Safety

COVID-19 vaccines are safe.

- COVID-19 vaccines were developed using science that has been around for decades.
- COVID-19 vaccines are not experimental. They went through all the required stages of clinical trials. Extensive testing and monitoring have shown that these vaccines are safe and effective.
- COVID-19 vaccines have received and continue to undergo the most intensive safety monitoring in U.S. history.



Benefits of Vaccinations

How does getting vaccinated benefit you?

- Helps prevent getting and spreading COVID-19.
- Protects the people around you, especially those with increased risk for severe illness.
- Allows you to resume activities you did before the pandemic.
- If you do get COVID-19, it helps keep you from getting seriously ill.



How to get vaccinated

There are several ways you can look for vaccination providers near you

- Visit [Vaccines.gov](https://www.vaccines.gov) to find vaccination providers near you.
- Text your ZIP code to 438829 or call 1-800-232-0233 to find vaccine locations near you.
- Check your local pharmacy's website to see if vaccination appointments are available.
- Contact your state or local health department to find additional vaccination locations in the area.
- Check your local news outlets. They may have information on how to get a vaccination appointment.



Your responsibilities

Reduce Risk and Protect the Community

We encourage 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 perform 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 symptoms or has tested positive for COVID-19.



Wear a Face Covering

We require everyone at a PCC site 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](https://www.cdc.gov).



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.

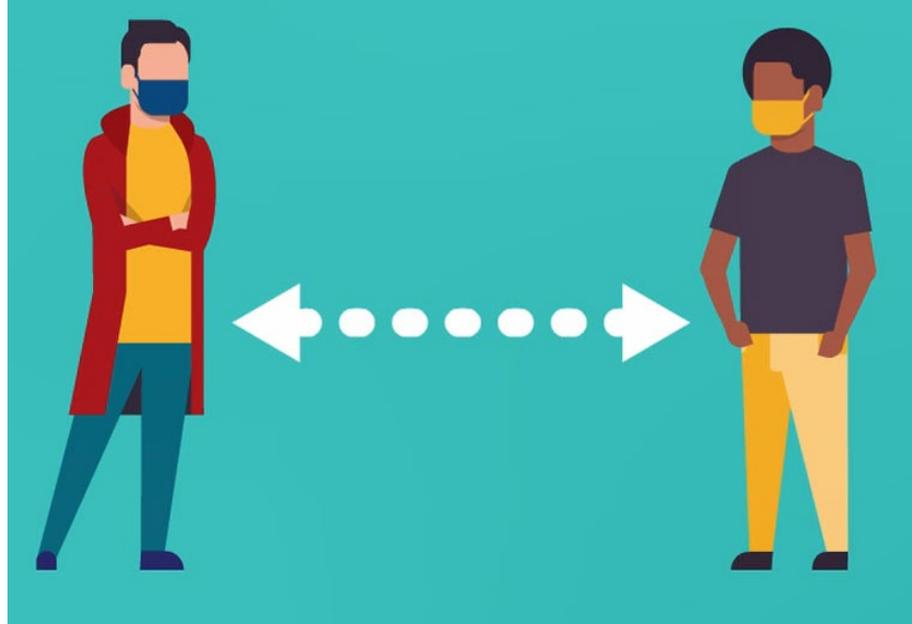
If the Disability Services office has worked with you to setup a documented accommodation related to face shields, please let your instructor know before the first day of class. For more information, reach out to [Disability Services](#).



Physical Distancing

We require everyone at a PCC site to maintain physical distance from others to the greatest extent possible.

For face-to-face meetings use Google Meet or Zoom if possible. You can learn how to use these tools by visiting our [student help desk](#).



Instructional Spaces

Classroom seating has been adjusted to provide more 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.

Warning and directional signs are placed around PCC buildings and grounds to instruct you how 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.

Student Resources

Resources

PCC offers many resources [in-person](#) and [online](#).

Check out our [COVID-19 Essentials](#) page if you need COVID-19 information in your native language.

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



The screenshot shows the top navigation bar of the Portland Community College website. On the left is the PCC logo and name. The navigation menu includes 'Get Started', 'Programs', 'Class Schedule', 'About', and 'Student Life'. On the right, there are links for 'search', 'resources', 'mypcc', 'contacts', 'calendars', and 'give'. Below the navigation bar is a red banner with the text: 'Classes and college services offered remotely for fall and winter terms. Campuses are closed. See COVID-19 updates'. The main content area below the banner is titled 'Coronavirus (COVID-19) resources'.

Translations

PCC has documents to provide students with PCC's essential COVID-19 information in their native language.

To view these documents, view our [PCC COVID-19 Essentials](#) page.

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

All our services are available online:

- [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](#)

Wrap-up

Thank you for reviewing our student health and safety training. 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