



## COCC STUDENTS:

To help the College's students, faculty, and staff stay healthy and safe this term, here are the important actions we ask you to take:

- Wear face masks inside campus buildings at all times, and outdoors wherever you cannot maintain 6 feet of physical distance from others. See our [Face Masks information](#) webpage for more details, including how to get a free face covering from COCC if you need one.
- If your course schedule includes in-person classes, please perform the COVID-19 [Daily Self-Check](#) prior to coming to campus. The Self-Check is available on our [COVID-19 Health and Safety](#) website, and on the COCC Mobile app (available for Apple and Android devices).
- Whenever you are feeling ill, stay home and seek medical care. Many providers in Central Oregon are now offering expanded testing for COVID-19. If you are experiencing symptoms of COVID-19, call ahead to your health care provider, urgent care, or local clinic to schedule an appointment. Deschutes County maintains a list of [Central Oregon testing locations](#).
- If you test positive and must isolate, or are identified as a close contact with someone who is infected and you must self-quarantine, please alert your instructor(s) immediately.
- Practice [good hand hygiene](#).
- Honor physical distancing requirements and follow all posted signage.

Together, we can help stop the spread of the coronavirus and keep COCC — and Central Oregon — healthy.

*Thank you for doing your part!*

