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Dear COCC Students:

Central Oregon Community College takes public health concerns seriously and wants to provide you with information to help protect yourself and others. To help prevent the spread of COVID-19, a novel form of the coronavirus, or other illnesses, the College encourages all students and employees to:

- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Get your annual flu vaccine (to protect against flu).

In addition to the above, COCC has hand sanitizing stations throughout all four of its campuses, has worked with Campus Services to ensure extra cleaning measures are in place, and with Sodexo to ensure that food preparation and serving standards are appropriate for helping prevent COVID-19.

COCC encourages you to contact your health care provider should you experience a fever, coughing, or shortness of breath AND have been in contact with someone known to have COVID-19 or have recently traveled to an area with ongoing spread of COVID-19.

If you have questions or want the most up-to-date information, please visit the Centers for Disease Control [COVID-19 website](#) or [Central Oregon Emergency Information Network](#).

Sincerely,

Dr. Laurie Chesley, COCC President