**Adapted for Off-Campus Residential Living Groups: Infectious Disease Response for COVID-19**

**If a resident believes they have been exposed but show no symptoms**, they should contact the University Health Center at 541-346-2770, and self-isolate and monitor their wellness for 14 days.

* [Social distancing](https://www.youtube.com/watch?v=WRxxGyPufJ8&amp;feature=youtu.be) means staying out of crowded places, avoiding group gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.
* If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing:
  + Seek medical advice. Call ahead before you go to a doctor’s office or emergency room.
  + Avoid contact with others.
* Cover your mouth and nose with a tissue when coughing or sneezing.
* Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Soap and water should be used if hands are visibly dirty.
* **Note for Roommates/Suitemates/Housemates**: if roommates are concerned about a resident in this situation they are in close proximity with, they should discuss this with chapter leadership, advisor(s), or house director (if applicable).

**If a resident believes they have been exposed and have symptoms**, should self-isolate and immediately call Student Health Services, or an emergency medical care provider, as appropriate.

* If SHS or medical staff are concerned that it is COVID-19 and that the student should be quarantined (regardless if a test has been performed), isolation spaces need to be identified for the resident.
  + Personal Protective Equipment (PPE) for anyone helping the student transition is a face mask and gloves.
* Residents in the isolation spaces should not leave their space.

**Students who have general concerns** about their health, potential exposure and COVID-19, may contact the [Oregon Health Authority](https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx) hotline, by dialing 211 from their phone.