

COVID-19 GUIDE

for Students Returning to Campus

WELCOME NEW AND RETURNING BEAVERS!

Things may look differently at OSU, but we are as excited as ever to welcome you to the new school year. We are about to start what may be one of the most unusual years in OSU history. Together we will face this new reality in a way that supports the health, well-being and success of all students, faculty and staff. Health and safety will remain our top priority, on and off campus throughout the school year.

The COVID-19 pandemic may last for an extended period of time. OSU is calling on all members of Beaver Nation to participate in the Beaver Compact, a call for all members of our community to practice care, compassion, understanding and respect by taking practical steps to help protect and support out campus community. Through the Beaver Compact, OSU students are committing to public health practices that will help keep our community healthy, reduce exposure to COVID-19, and slowing the spread of the virus.

THE BEAVER'S BUILD COMPACT

Working together to support the health and safety of our campus community is a shared responsibility, necessitating that each and everyone one of us makes the best choices, both on and off campus. This may feel difficult or constrained at times, but we value the health and well-being of others, particularly those among us who are most vulnerable or at risk for more serious disease.

When returning to OSU, we will agree to the Beaver Compact, including:

- Following all testing, isolation and quarantine guidelines to help stop the spread of infection at OSU.
- Always wearing a face cover in compliance with **OSU policy**; when indoors or in close proximity to others.
- Maintaining at least 6 feet of distance from others while on and off campus.
- Monitoring COVID-19 symptoms daily using the OSU Mobile app.

STAY INFORMED AND IN TOUCH

The university will officially communicate with students through their oregonstate.edu email account. It is your responsibility to check your official OSU e-mail account for university-related communications on a frequent and consistent basis. The University recommends checking email at least once per day. In addition to your OSU email account, you can find information on:

COVID-19 WEBSITES

covid.oregonstate.edu

[OSU Cascades](#)

[OSU Hatfield Marine Science Center](#)

[OSU Portland Center](#)

OSU SOCIAL MEDIA



- Abiding by all state, local and campus guidelines and policies about social gatherings and events, both on and off campus.
- Following **OSU policy** prohibiting all social get-togethers, indoors and outdoors, on-campus or off-campus, that are over 10 people. Applies to all students living in Oregon, or attending a gathering in Oregon.
- Following all health and safety guidelines, policies and procedures within educational and housing spaces, as well as common areas on campus.
- Creating an individual COVID-19 plan before returning to campus, including ways to protect my own health and the health of others around me.



CREATE A PLAN OF ACTION

Now is the time to start planning for a safer arrival to campus. Planning ahead will prevent stress and uncertainty for you and your roommates. Discuss your plan with family, roommates, friends, and support staff at OSU. If you change your plan, make sure to communicate changes with others.

Emergency Contact List
Create an emergency contact list of family, friends, health care providers, faculty, members, employers, and other community resources.

Preferred Health Care Provider
Know how to contact your preferred health care provider. **Student Health Services (SHS)** is available for all health care needs, including testing. If you have a private health care provider, be sure to have health insurance information readily available.

Name(s) of Those Who Can Help
Determine how you will get food and other supplies.

Place to Quarantine
(If you have potentially been exposed to COVID-19 or you are waiting for the results of a COVID-19 test)
Determine where you will quarantine to separate yourself from others should you or your roommate be exposed to someone who has COVID-19.

Place to Self-Isolate
(If you have symptoms or have tested positive for COVID-19)
Determine where you will self-isolate to separate yourself from others should you test positive for COVID-19. It is recommended that you return home if possible, or you should stay in a specific room or area and use a separate bathroom (if available).

Students living on campus

- Those testing positive for COVID-19 may go home, if feasible. Or they may complete their isolation period on campus in designated areas. You may coordinate with Residence Education staff to learn more about isolation locations on campus.

Students living off campus

- Determine where you will self-isolate in your home or apartment.
- If you stay in your residence, read **CDC guidelines** on living with someone who is sick.

Traveling to Campus
If you are making a domestic or international flight to campus, make a plan to take extra precautions to protect others for 14 days after you arrive on campus.

- Stay home as much as possible.
- Avoid being around people at higher risk for severe illness from COVID-19.
- Contact your health provider if you experience any symptoms or feel you should be tested for COVID-19.

Prepare a COVID-19 Kit
(see page 5)

PRACTICE PREVENTIVE ACTIONS

- Always stay home when you are sick, regardless of the symptoms. Call SHS or a health care provider to see if you can get a telehealth appointment.
- Make a habit of continuing everyday preventive actions, such as frequent hand washing and disinfecting surfaces around you at home, work, and on campus.
- Practice **physical distancing** on campus and off. Continue to keep at least 6 feet between yourself and others.
- Never leave your room without your face covering. Wear this whenever you are indoors or in close proximity to others, on and off campus. NOTE: Wearing a face covering is not a substitute for physical distancing.
- When possible, exercise and engage with others outdoors, instead of indoors (with appropriate distance and face coverings).
- Avoid **large gatherings**. The risk of transmitting infection or exposing others is much higher in group settings.
- Follow **OSU policy** prohibiting all social get-togethers, indoors and outdoors, on-campus or off-campus, that are over 10 people. Applies to students living in Oregon, or attending a gathering in Oregon.
- Limit unnecessary travel.
- Make plans to get your flu shot in September or October. Be on the lookout for the SHS Flu Shot Campaign.

Tips for living in shared spaces.

- Avoid sharing personal items (food, eating utensils, vape pens, water bottles, etc.).
- Clean shared areas after each use (bathrooms, kitchens) – keep disinfectant wipes handy at all times.
- Take care of your **emotional health**. Physical distancing doesn't mean social isolation. Connecting with nature on a daily basis will help, as will connecting with friends and family outdoors whenever possible.
- Connect with the many university programs and services available. Utilize OSU tools like Zoom for meetings with your faculty, advisors, and student organizations.

WHAT TO DO IF YOU ARE FEELING ILL

1. If you have symptoms such as, **COUGH, FEVER**, or other respiratory problems, contact your primary doctor before going to the emergency room. They need to be able to serve those with the most critical needs first.

2. **CALL** your healthcare provider. Where non-emergent, we recommend you call ahead rather than show up at a clinic without calling first. Call 911 if you are experiencing a health emergency.

3. **TELEMEDICINE** may be an option depending on your primary complaint. Check with your insurance provider, or schedule an appointment with Student Health Services by calling 541-737-9355.

4. Stay in contact with others by **PHONE** and **EMAIL**.

5. **MONITOR** your symptoms and follow care instructions from your healthcare provider.



READY TO LEARN

This fall, the majority of courses will be offered remotely. We anticipate a limited number of courses will be offered in person, and some courses will be offered with a blended delivery of in-person and remote instruction. Whether you feel safest taking courses online at home or you decide to pursue your studies on campus, OSU is here for you. Read below for information on preparing for a successful fall term and visit the COVID Success & Safety for Students website: covid.oregonstate.edu/keep-learning.

LOOKING AHEAD

Most fall term courses are anticipated to use a combination of in-person, remote, and online class formats.

- Use the **[Schedule of Classes](#)** to view the format of your courses. Once you select a section, you'll be able to tell the format by looking at the "Attribute Description" section.
- If you need to modify your schedule, use the search filter boxes on the "Search Classes" bar to find classes by delivery format.
- Connect with your academic advisor to ensure changes still align with your degree plan, and let them know if you have concerns about your schedule.

GETTING SET UP

- Check your technology set up using the Technology Checklist at beav.es/techcheck and test each app before the start of the term
- Obtain course materials including course access codes, textbooks, and more through:
 - **[The OSU Beaverstore](#)**
 - **[OSU Libraries](#)**
 - **[The Human Services Resource Center \(HSRC\) Textbook Lending](#)**
- Use the "**[Start of Term Checklist](#)**" as a comprehensive list of tasks as you prepare for the term.

ORGANIZING FOR FALL

As it gets closer to the first day of school, get a head start on the term and prevent overwhelm with some early organizational strategies.

- Create a weekly schedule and map out the term with online **[time management tools](#)** from the Academic Success Center.
- Identify study places with reliable internet and a space you can focus. Set up a space of your own using techniques from **[Remote & Online Learning](#)**, and check out **[what spaces are available on campus](#)** as information develops.
- Develop a system for keeping your **[email organized](#)** and streamlined so you don't miss important updates.
- Create a resource map for **[academic support](#)** for the term and using their websites, identifying how each service is providing access this term.
- Note: All-in person instruction will end at Thanksgiving break, and finals will be conducted remotely.



COVID-19 KIT

Things to pack and do prior to arriving on campus

- Five to seven reusable/washable face coverings**
OSU requires face coverings to be worn by all faculty, staff, students, and visitors on campus. Please visit the [policy](#) and [FAQs](#) for more information.
- Hand sanitizer that contains at least 60% alcohol ([CDC guidance](#))**
- Digital thermometer**
- Cleaning products** (Disinfectant wipes or spray)
- Copies of health insurance cards** (if applicable)
- Prescription medications and over the counter medication**
- Computer (laptop recommended), webcam and microphone, and headphones** to access classes that are being held remotely, and to continue your classes should you have to quarantine or self-isolate. Mobile devices, tablets, and Chromebooks are useful but not sufficient as a primary device. See the [Technology Checklist](#) for OSU Students Fall 2020 for more information about technology requirements and financial assistance for equipment.
- Add or update your emergency contact** in myhealth.oregonstate.edu (Log in and click on the “Profile” link to add or update your information).
- Make sure you have all your immunizations and submit your immunization records through myhealth.oregonstate.edu** (Log in and click on the Medical Clearances link).
- Make a note on your calendar to get a flu shot in September or October.**



MENTAL HEALTH & COPING DURING COVID-19

The COVID-19 outbreak has been stressful for many across the OSU community.

Fear and anxiety about the disease can be overwhelming and cause a host of emotional responses, including feelings and thoughts you may have during and after social distancing and/or self-isolation. [Counseling and Psychological Services](#) suggests ways to care for your mental health during this time and provides resources for more help.

FIGHTING RACISM, BIAS & XENOPHOBIA

OSU takes matters of racism and bias very seriously. OSU strives to be an inclusive and caring community, and the university does not tolerate xenophobia, racism or discrimination. If you have experienced a negative interaction as a result of fear about COVID-19, you are encouraged to complete a [Bias Incident Report](#). The report may include consulting with the [Equal Opportunity and Access Office](#) to determine the best course of action. It is very important that the university is made aware of bias incidents and that all members of the OSU community experience respect, caring and support.



REMINDERS SHOULD YOU NEED TO SELF-ISOLATE OR QUARANTINE

- Students who have symptoms of COVID-19 or have had a positive COVID-19 test are required to **ISOLATE**.
- Students who have been exposed to COVID-19 and are either awaiting a test or waiting for test results, are required to **SELF-ISOLATE** for 14 days (even if the test is negative).
- If you are ill, **STAY HOME** until **it's safe to be around others**. Reach out for medical care if needed.
- **CALL** Friends or family to help get food and other supplies.
- **BE PREPARED** to speak with local public health officials or SHS staff who will be assisting with **contact tracing**. You will not be sanctioned for sharing information that supports public health interventions.
- **CONTACT YOUR FACULTY** to let them know you are going to miss class or if illness is impacting your ability to get your assignment completed.
- **GET INVOLVED**. Watch for regular messages from OSU on how to be part of the OSU community, both through small group in-person activities and remotely through online engagement.
- **CONTACT YOUR EMPLOYER** (if applicable).
- **PHYSICAL DISTANCING DOESN'T MEAN SOCIAL ISOLATION**. Stay connected with family, friend, faculty and advisors and classmates remotely while in isolation or quarantine.

ADDITIONAL RESOURCES

- [Academic Advisors](#)
- [Counseling & Psychological Services](#)
- [Student Care](#)
- [Student Health Services](#)
- [Housing and Dining Corvallis](#)
- [Academic Success Center](#)

For a comprehensive list of OSU resources visit the [OSU Experience](#).

Find more information and updates from Oregon State University at

[COVID.OREGONSTATE.EDU](https://www.covid.oregonstate.edu)