**COVID-19**

**What is COVID-19?**

According to the [CDC website](https://www.cdc.gov/coronavirus/2019-nCoV/summary.html), COVID-19 is a respiratory disease caused by a novel (new) coronavirus that was first detected in China and which has now been detected in many countries, including the United States.

EOU Student Health Center staff are working closely with local healthcare, the local health department, and academic leaders to support students during this evolving situation.

OHSU's external webpage [Coronavirus Resources](https://www.ohsu.edu/health/coronavirus-resources) has additional instructions on what to do if you experience symptoms and need care:

**Local, National and International Resources:**

* Call 2-1-1 from a mobile phone; 503-222-5555 from a land line or email help@211.com for general information.
* Union County CHD COVID-19 page: [www.chdinc.org/covid19](http://www.chdinc.org/covid19)
* OHA Emerging Respiratory Disease page: [www.healthoregon.org/coronavir...](https://link.voicestorm.com/Redirect/493001?r=http%3a%2f%2fwww.healthoregon.org%2fcoronavirus&__c=493001_ArticleBroadcast_4252005_DySi&s=OtVJybKuc2E_SaxG_m4M245g_fhpQNB9kdTnLsyohGQ)
* CDC COVID-19 page: [https://www.cdc.gov/coronaviru...](https://link.voicestorm.com/Redirect/493001?r=https%3a%2f%2fwww.cdc.gov%2fcoronavirus%2f2019-ncov%2findex.html&__c=493001_ArticleBroadcast_4252005_DySi&s=Jj0h3IUdhs6hhT3dCwRzdJU3SHphz-a6D3xA1tVqAYU)
* CDC travel notice: <https://wwwnc.cdc.gov/travel/notices>
* WHO page: [https://www.who.int/westernpac...](https://link.voicestorm.com/Redirect/493001?r=https%3a%2f%2fwww.who.int%2fwesternpacific%2femergencies%2fnovel-coronavirus&__c=493001_ArticleBroadcast_4252005_DySi&s=SUJyOwycOIr5N2Z45RAD2oF1LbifQQeUuygdArI3S8I)

**What if I have flu-like symptoms (fever, cough or shortness of breath)?**

Remain home and call your primary care clinician or the Student Health Center. Calling ahead helps to determine the most appropriate care.  For care at the Student Health Center, please call us at 541-962-3524.

Refrain from visiting hospital emergency departments, urgent care or outpatient clinics to avoid spreading the virus.  COVID-19 likely is transmitted in a manner similar to other respiratory viruses, so protocols and procedures in place for influenza are a good start to prevent spread.

**What if I am concerned about a possible exposure to COVID-19?**

If you believe you may have been exposed, please [contact the county health department that you live in directly](https://www.oregon.gov/oha/ph/ProviderPartnerResources/LocalHealthDepartmentResources/Pages/lhd.aspx).

There are currently two types of criteria for monitoring and quarantine with employees, students and all members based on the [Interim U.S. Guidance for Risk Assessment and Public Health Management of Healthcare Personnel with Potential Exposure in a Healthcare Setting to Patients with Coronavirus Disease 2019 (COVID-19)](https://link.voicestorm.com/Redirect/493001?r=https%3a%2f%2fwww.cdc.gov%2fcoronavirus%2f2019-ncov%2fhcp%2fguidance-risk-assesment-hcp.html&__c=493001_ArticleBroadcast_4265587_DySi&s=Q01mwIW86Y4HMWF5NjprJVBX9_3DiMq2Lw4eHOviwNU). We do not have testing kits for COVID-19 at the student health center. There are specific criteria that are very strict for who can be tested at this time and this is determined by the local health department. The student health center is in close contact with the local health department regarding updates.

**What if I have travel plans or other travel questions?**

If you have recently traveled or plan to travel soon, you're encouraged to monitor the [CDC website](https://wwwnc.cdc.gov/travel/notices) for updated information about country-specific notices and quarantines.

If you have respiratory symptoms after traveling, contact your primary care provider. Please call to contact a provider before coming in to Student Health, the Emergency Department or in-person Urgent Care.

**How can I help prevent the spread of illness?**

The best way to help prevent the spread of illness is to follow [Respiratory Hygiene/Cough Etiquette](https://www.cdc.gov/flu/professionals/infectioncontrol/resphygiene.htm), which includes covering a cough and sneeze, performing hand hygiene and masking of individuals with respiratory symptoms. EOU Student Health Center Staff are here to help support you and direct you to the care you need. Please call us at 541-962-3524 with additional questions or concerns.