



## **Purpose**

This disclosure is intended to provide you with the primary rules of infection control at Lower Columbia College (LCC). Please read and understand your responsibilities while participating in activities on LCC property during the COVID pandemic, and then share and emphasize this info with your students.

## **Stay home if you are sick or are COVID positive**

Stay home if you are experiencing any of the following symptoms, or have been instructed to isolate because you are COVID positive:

- Fever or chills -Cough -Shortness of breath or difficulty breathing -Fatigue -Muscle or body aches -Headache -New loss of taste or smell -Sore throat -Congestion or runny nose - Nausea or vomiting -Diarrhea

## **Wear a mask when you are around others**

You must wear a mask when working around others.

## **Physically Distance 3'**

You must provide for physical distancing of at least 3' between you and others while you are on campus.

During both the written and oral rounds, it is important to find ways to work together, yet maintain safe distancing.

## **Practice Good Hand Hygiene**

Be sure to wash your hands frequently and thoroughly. Avoid touching your eyes, nose and mouth with unwashed hands.

Also, be sure to use hand sanitizer, and to use pop-up wipes to wipe down the competition boards before and after each oral round.