



OREGON COLLEGE *of* ORIENTAL MEDICINE

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# COVID-19 Personal Hygiene Guidelines

- **Wash hands often** with soap and water.  
*If not available, use alcohol-based hand sanitizer. Stations are located throughout the campus, mounted on the wall or in pump bottles on desks in the lobby and the OCOM Library.*
  - Handwashing should be for at least **20 seconds**
  - Use a **disposable paper towel** to dry hands
  - Make sure hands are washed prior to touching any items used for **clinical purposes**: needle boxes, clean field, hemostats, etc.
- **Avoid unnecessary physical contact**; consider alternate greetings
  - **Do not shake hands** with patients or peers
  - **Do not hug** patients, peers, or supervisors
- **Avoid touching** your eyes, nose, or mouth with unwashed hands.
- **Avoid contact** with people who are sick.
- **Stay home** if you are sick and avoid close contact with others. You should not visit clinic for a scheduled appointment if you have:
  - Fever (100.4° F [38° C] or greater using an oral thermometer).
  - Other symptoms like cough, vomiting, or diarrhea.
    - If this is the case, we recommend that you call your primary health care provider, urgent care, or an emergency room before going in for an assessment.
    - **You should be without fever for 24 hours and off of fever reducing medicines** like aspirin or acetaminophen before returning to campus.
- **Cover your mouth and nose** with a tissue or sleeve when coughing or sneezing.
  - Immediately **discard used tissue**
- Wash hands immediately **when entering the building**
- **Sanitize all tablets and laptops** after each class, and before and after each clinic shift
- Routinely sanitize your **cell phones, eyeglasses**, and other items you use frequently
- Routinely **disinfect surfaces in your workspace, home, and car**

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