Ducks Physical Distance

Maintain 6 feet of wingspan

Help keep the UO safe!
Observe physical distancing protocols on campus.

UOREGON.EDU/CORONAVIRUS
**5 Keys to Healthy Hand Washing**

*In the fight against COVID-19, clean hands are critical*

1. Use clean running water and soap
2. Lather and scrub for at least 20 seconds *
3. Don’t forget BBU: backs of hands, between fingers, and under nails
4. Rinse well under clean running water
5. Use a fresh paper towel or air dryer **

*Pro Tip: 20 seconds = about the time that it takes to sing “Happy Birthday” twice or “Mighty Oregon” once.*

**Pro Tip: Paper towels can be used as barriers when opening doors.*
If You Start Feeling Sick, Stay Home.

If you have any of these symptoms, please leave campus and contact your health-care provider immediately. Then, follow up with your supervisor.

- Fever or chills
- Cough, sore throat, or difficulty breathing
- Muscle pain
- Recent loss of taste or smell

Employees: if your health-care provider suspects or has confirmed that you have COVID-19, call your immediate supervisor so they are aware, and contact Employee and Labor Relations, Human Resources at UOELR@uoregon.edu or 541-346-2972.
Protect the Flock

Public health officials recommend wearing a face covering over your mouth and nose in public spaces to help slow the spread of COVID-19.

Cover your mouth and nose with a tissue when you cough or sneeze, throw tissues in the trash, and immediately wash your hands with soap and water for at least 20 seconds.

Stay at least 6 feet (about two arms length) from other people.