

**HEALTH AND SAFETY PRECAUTIONS RELATED TO COVID-19  
WHILE WORKING AND VISITING THE SAC OFFICES IN-PERSON  
MOORE HALL 115/116**

**HEALTH AND SAFETY PRECAUTIONS WHILE VISITING THE STUDY ABROAD CENTER**

- SAC is open and the SAC team members are available to meet with students, faculty and staff with the following proviso:
  - Stay home if you have Covid-19 or flu-like symptoms (Faculty, Staff, and Students).
  - **Wear Mask at all times when interacting with SAC Team Members**
  - Maintain 6 feet distance while waiting at the Front Door Counter in the hallway if there is another person at the Door Counter.
  - Use SAC on-line advising service through STAR Balance and avoid coming to the Study Abroad Center

**HEALTH AND SAFETY PRECAUTIONS FOR SAC TEAM MEMBERS (Excerpted from the Center for Disease Control - CDC)**

**Covid-19 Vaccination**

- Currently COVID-19 vaccine is widely available to everyone 12 years old and older.
- Vaccination is the most effective way of curbing the spread of COVID-19 virus and the variants

**Wash your hands often**

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

**Avoid close contact even though you are vaccinated**

- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home - even if you are vaccinated.
  - Remember that some people without symptoms may be able to spread the virus.
  - [Stay at least 6 feet \(about 2 arms' length\) from other people.](#)
  - Keeping distance from others is especially important for [people who are at higher risk of getting very sick.](#)
- Cover your mouth and nose with a mask when around others even if you are vaccinated.
- You could spread COVID-19 to others even if you do not feel sick.

- Wear a [cloth face cover](#) or a mask when in public, for example grocery stores or large public events.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect you and other people.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

### **Cover coughs and sneezes**

- If you are around others and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

### **Clean and disinfect**

- Clean AND disinfect [frequently touched surfaces](#) daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common [EPA-registered household disinfectants](#)

### **Know how it spreads**

- The best way to prevent illness is to be vaccinated and avoid being exposed to this virus. The virus [spreads mainly from person-to-person](#).
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
  - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - Studies have suggested that COVID-19 may be spread by people who are not showing symptoms and are vaccinated.