
From: The University of Oklahoma
Sent: Monday, March 9, 2020
Subject: Guidance on Staying Healthy, Class and Work Attendance Due to Illness | COVID-19



The UNIVERSITY of OKLAHOMA

March 9, 2020

COVID-19 – General Guidance on Staying Healthy, Class and Work Attendance Due to Illness

Dear OU Community:

The health and well-being of our campus community is the University's top priority. We have been increasing our emphasis on mitigation efforts, as community-based transmissions are identified within the US. Additionally, our HSC and OUMI clinical enterprise will increasingly focus on providing preventive and treatment services to Oklahomans. We continue to carefully monitor the COVID-19 Coronavirus, and now, with a reported case in Oklahoma, we urge you to follow the below recommendations.

Protect Yourself from Becoming Infected:

The most important precaution all of us can take is being mindful of our personal health by [practicing good hygiene](#), such as washing hands frequently. We continue to follow guidance from the [CDC](#) and state and local health authorities and encourage everyone to take reasonable, common-sense measures to keep yourself healthy.

Guidelines on Class/Work Attendance Due to Illness:

Students, employees, and residents should not attend class or report to work when they are sick.

For all employees, students, and residents: If you are experiencing flu-like symptoms such as fever, cough, and difficulty breathing, seek medical care as soon as possible. Remember to [call ahead](#) and tell the healthcare provider's office about any recent travel, symptoms, and concerns. Please also avoid contact with others and do not travel unnecessarily. For additional information about COVID-19 and its symptoms, [click here](#).

Students: You should not attend class until your symptoms resolve or you are cleared by a medical provider. If you miss class, you must comply with the course syllabi and should contact the faculty members as soon as possible to make arrangements for your missed work. You should assume that all due dates and course requirements still apply. Students on off-campus rotations must follow the normal procedures for reporting absences.

Faculty: You are encouraged to exercise flexibility, when possible, in applying existing attendance policies to allow for students to complete course work from home while they are experiencing symptoms.

Employees and Residents: If you are experiencing flu-like symptoms, you must contact your supervisor or department chair/director/program director as soon as possible. Please follow applicable Human Resources policies. If you have questions, please contact your supervisor or department chair/director/program director or [OU Human Resources](#).

Employees, students, or residents with any health concerns can contact Student/Employee Health:

- Norman: (405) 325-4611
- OUHSC: (405) 271-9675
- OU-Tulsa: (918) 660-3102

More Information on COVID-19:

- [OU Campus Travel Guidelines and Restrictions](#)
- [U.S. Centers for Disease Control and Prevention](#)
- [VIDEO: OU Health Experts Discuss Coronavirus](#)

The University is monitoring this ever-changing situation and will continue providing updates as the situation evolves.