COVID-19, the disease caused by the novel coronavirus, is a highly contagious disease that causes symptoms that can range from mild (or no) symptoms to severe illness. COVID-19 can cause severe and lasting health complications, including death. Everyone is at risk of COVID-19, including you. There is currently no vaccine to prevent COVID-19.

Although anyone who contracts COVID-19 may experience severe complications, the CDC has found that individuals who are 65 years and older, who live in a nursing home or long-term care facility, or who have certain underlying health conditions are at higher risk of developing severe complications from COVID-19. These health conditions include: chronic lung disease, asthma, conditions that cause a person to be immunocompromised, obesity, diabetes, chronic kidney disease and liver disease.

If you have an underlying condition that may increase your risk of experiencing severe complications from COVID-19, The University of Tulsa (“University” or “TU”) advises you to seek medical advice on your plans to participate in university programs and activities (e.g., visiting campus, returning to campus, living or working on campus, participating in campus activities, attending classes, meetings, and events in person). You may request a reasonable accommodation for a disability by contacting the University’s Disability Services Program Director (918-631-2334).

COVID-19 is believed to spread primarily by coming into close contact with a person who has COVID-19 and may also spread by touching a surface or object that has the virus on it, and then touching one’s mouth, nose or eyes. The CDC has issued recommendations to reduce the risk of spreading or contracting COVID-19, including by avoiding close contact with other people outside of one’s home, wearing a face cover or mask when around others, frequently washing hands or using hand sanitizer, and avoiding touching the face.

Much remains unknown about COVID-19. Further research may reveal additional information regarding the disease, including how it spreads, who is at heightened risk of developing severe complications, and what health complications, including long-term complications, can result from contracting it.

Participating in university programs and activities—including but not limited to: visiting campus, living or working on campus, attending classes, events or meetings in person, participating in extracurricular and cocurricular activities, gathering in social or academic settings, etc.—may increase your risk of contracting COVID-19, and these risks cannot be eliminated.

The University has established policies and practices to reduce the spread of COVID-19, but the University cannot eliminate the risk that COVID-19 will spread on campus and in connection with university programs and activities, and the University cannot ensure that you will not be exposed to COVID-19.

Your own actions may impact your risk of contracting and spreading COVID-19, and you are responsible for taking recommended precautions to reduce the risk of doing so. All students, faculty, staff, contractors and visitors are required to comply with university policies and rules regarding COVID-19 prevention and/or mitigation, including social distancing, mask wearing, symptom monitoring, hygiene, and travel policies.

Individuals with symptoms of COVID-19 should seek medical advice before coming to campus or participating in university programs and activities. According to the CDC, these symptoms include: 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. These symptoms may be very mild. Employees who have been authorized to return to work must conduct symptom monitoring every day before coming to campus to work. If an employee is experiencing any of the foregoing symptoms, they should contact Hurricane Health Center and notify their supervisor that they are reviewing their health status prior to the start of any scheduled work period or time on campus.

CHECK TO ACKNOWLEDGE:

☐ I certify that I have had sufficient opportunity to read this entire document. I have read and understand the document.

_________________________________  ____________________
Print Name                                      Date

_________________________________
Signature