

There are many types of human coronaviruses, including some that often cause mild upper-respiratory tract illnesses. Coronavirus disease 2019 (COVID-19) is a new disease, caused by a novel (new) coronavirus not previously seen in humans. **While it is new, you don't need to buy anything special to prepare because prevention strategies are not new. We've been doing them for years to prevent respiratory illness.** Covid-19 is a respiratory illness, like the flu.

Epidemiology experts say the most important part of preparedness right now is to remain **CALM and engage in prevention strategies such as:**

1. **GET YOUR FLU SHOT – It is not too late to do so!**
2. **Stay home if you are sick** and encourage your students to do the same and advise them that you will work with them should they become ill.
3. **Take Everyday precautions to protect others and yourself.**
 - ♥ **Wash Hands** often- 20 seconds with soap and water is best possible, or an ethyl alcohol based hand sanitizer.
 - ♥ All of us can **cover our Mouth and Nose** with our sleeve or a tissue when we sneeze or cough. Dispose of tissues into trash immediately.
 - ♥ **Secret tips from the nurses in your student health office is:** Only touch your mouth, nose, and eyes if your hands were just washed and try not to use a pen to write with that is a shared pen- bring your own.

Please remember that getting a seasonal flu shot prevents illness and can actually help our community and preserve resources. Fear and anxiety can become an additional obstacle at any time during college and we understand that COVID-19 can bring up strong feelings. Both Student Health Services and Mental Health Counselors are available, free of charge, to assist students with any concerns.

Please use the CDC.GOV for your updated and factual resource regarding your health and COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-ihe-response.html>

