

February 29, 2020

Dear Sarah Lawrence College Community:

Sarah Lawrence College Health & Wellness Center would like to take this opportunity to provide an update on COVID-19 (Corona Virus Disease 2019). We are monitoring the situation carefully with our primary focus on the health of our students, faculty and staff. We continue to follow the Centers for Disease Control (CDC) and New York State Department of Health (NYS DOH) recommendations. Currently there are no confirmed or suspected cases on campus or in New York State. College academic programs, classes and events continue without interruption.

The SLC Health & Wellness Center is following the CDC and NYS DOH guidelines and recommendations for diagnosis, treatment and prevention of COVID-19. On a weekly basis, the medical practitioners are attending informational sessions with NYS DOH. Presently, the immediate health risk to the campus community is considered low, with the understanding that this could change, as the global threat is high.

The SLC Office of Global Education is also carefully monitoring COVID-19 and its impact abroad, The Office is working with program directors and partners to ensure that SLC students are provided updated information and any support they require. Currently all study abroad programs remain in session, although some have moved to online classes. In the event that this changes, students and families will be notified of contingency plans.

Spring Break is now a few weeks away, and we suggest all SLC community members, with plans to travel, refer to the [CDC website](#) for the most current travel warnings. Travelers should be aware of, and comply with, CDC recommendations for avoiding or delaying non-essential travel to countries with sustained transmission of COVID-19. Travel warnings can change quickly and should be checked while traveling to reduce trip disruption. Currently there is a [Warning Level 3](#) (avoid nonessential travel) to South Korea, Italy, Iran and China. An [Alert Level 2](#) (practice enhance precautions) has been issued for Japan. A [Watch Level 1](#) (practice usual precautions) has been issued for Hong Kong. Traveling carries a number of potential risks. Even a country not currently experiencing an outbreak could suddenly be declared a high-risk area, resulting in heightened exposure to the virus, difficulty with departure, immigration barriers in returning to the U.S., and even possible restrictions on returning to campus. The College encourages all community members with travel plans, to remain vigilant in monitoring the CDC website for updates on travel health notices.

CAMPUS UPDATE and GUIDELINES TO STAY HEALTHY:

The SLC Health & Wellness Center continues to manage cases of seasonal influenza on campus and recommends that all students seek medical care for flu like symptoms (cough, sore throat, runny nose, muscle/body aches, headache, fever, vomiting/diarrhea). Seasonal flu vaccinations are recommended. Currently there is no vaccine for COVID-19. The best way to prevent illness is to avoid being exposed to this virus. COVID-19 spreads very easily via respiratory droplets. To reduce risk of infection, and to keep our community healthy, please employ prevention measures using the following guidelines:

- [Wash your hands](#) frequently with soap and water for at least 20 seconds
- Use hand sanitizers frequently, which are available throughout the campus
- Cough and sneeze into your arm (of tissue) rather than your hands ([use cough etiquette](#))
- Dispose of tissues immediately after use
- Clean hard surfaces and frequently touched objects with disinfectants
- Avoid close contact with people who are sick
- Stay home (out of class/social events/dining halls) when you are sick
- Follow CDC recommendations for using a facemask
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19
 - Facemasks should be used by people who show symptoms of COVID-19 or other respiratory illnesses, including the flu, to help prevent the spread of disease to others

We encourage that you remain observant with the prevention measures listed above along with good self-care measures that include sleep, fluids and a balanced nutritional intake. Seek medical care for any signs or symptoms of an illness.

- A student with symptoms of concern or questions should call the Health & Wellness Center (914-395-2350) and request to speak with a medical provider
- Appointments at the Health & Wellness Center (Monday- Friday 9a.m. – 5 p.m.) can be made online: <http://my.slc.edu/health> (complete the triage form including information on recent travel)

- After hours, students can call Westlands Desk and request to speak with the on-call doctor (available until 11 p.m. daily) or request transportation to the Emergency Room. A list of local Urgent Care Centers can be found at: <http://my.sl.c.edu/urgentcare>
- For access to telemedicine services, refer to the back of your health insurance card.
- For Mental Health support, in addition to on-campus services (<http://my.sl.c.edu/health>), all students can access services 24/7/365 (from any location worldwide) through My Student Support Services (MySSP) [download the MySSP app and complete a student profile to assure free access]. Phone access is also available at 1.866.743.7732. (Outside the U.S., call 001.416.380.6578)

Additional Resources:

- CDC: <https://www.cdc.gov/coronavirus/>
- World Health Organization: <https://www.who.int/>
- Westchester County Health Department: <https://health.westchestergov.com/>
- New York State Department of Health: <https://www.health.ny.gov/diseases/communicable/coronavirus/>

The health of our entire campus community is our priority. As new information becomes available or if changes to the operations of the College are implemented, you will be notified. If you have any questions or concerns, please feel free to contact me:

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