

Dear SLC Community:

The Health & Wellness Center would like to take this opportunity to update you on the outbreak of the 2019 Novel (New) Coronavirus. Although there continues to be a rise in the cases worldwide, we do not have any diagnosed or suspected cases on campus. The Health & Wellness Center remains available to assess and treat students, as well as answer questions and address any of your concerns. The following information is to assist you in understanding the risks, symptoms, prevention, treatment and resources available to you. If you have any questions, please feel free to contact the Health & Wellness Center.

History of the 2019 Novel (New) Coronavirus:

Recently, a new coronavirus - 2019 Novel (New) Coronavirus - was detected in Wuhan, Hubei Province, China that has not been previously found in humans. This coronavirus can lead to fever, cough and shortness of breath. There are hundreds of confirmed cases in China, including cases outside of Wuhan and additional cases being identified in a growing number of countries internationally, including the United States.

Important Health Information For Those Who Have Recently Traveled to China:

If you recently traveled to China and feel sick with fever, cough or trouble breathing, or you develop symptoms, you should:

- Seek medical care right away. Call ahead and tell them about your travel and symptoms.
- Avoid contact with others.
- Stay home if you're ill and isolate yourself from roommates, except for seeking medical care.
- Avoid further travel until the illness resolves.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and warm water for at least 20 seconds. If unavailable, use an alcohol-based hand sanitizer.

Symptoms

Human coronaviruses commonly cause mild-to-moderate illness in people. Symptoms can include:

- Runny nose
- Headache
- Cough
- Sore throat
- Fever

How Does 2019 Novel (New) Coronavirus Spread?

Since this virus is very new, health authorities continue to carefully watch how this virus spreads. It is known to spread from animals to humans, and it also may be spread from person to person. It's not clear yet how easily Novel (New) Coronavirus spreads from person-to-person. It's important to know this in order to better understand the risk associated with this virus.

Prevention

There are currently no vaccines available to protect against human coronavirus infection. To reduce your risk of infection:

- Wash your hands often with soap and warm water for at least 20 seconds.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.

Treatment

There is no specific treatment available for any coronavirus. People infected with coronavirus should receive supportive care to help relieve symptoms

What to do if you have recently traveled to Wuhan China and become sick?

If you have a cough and fever, AND have recently traveled to Wuhan China or have been exposed to a person with known Corona virus, please seek medical attention.

If you have symptoms or questions, please call the Health & Wellness Center (914-395-2350) and request to speak with a Medical provider. The Health & Wellness Center is open Monday to Friday 9 a.m. to 5 p.m. If you should experience symptoms when the Health & Wellness Center is closed, 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. Local Urgent Care Centers are also available in the surrounding community. A list of local Urgent Care Centers can be found online: <http://my.slc.edu/urgentcare>

Please call ahead of your visit, informing them of your travel history and symptoms.

For other resources, check the back of your health insurance card for telemedicine options and nurse hotline numbers.

Additional Resources

- CDC: <https://www.cdc.gov/coronavirus/>
- World Health Organization: <https://www.who.int/>
- Westchester County Health Department: <https://health.westchestergov.com/>

Seasonal Influenza (Flu):

Seasonal influenza (flu) remains active on our campus and in the surrounding community. The symptoms of flu are very similar to the symptoms of the Corona virus. Seeking medical attention is the best way to manage any illness.

We encourage that you remain vigilant with the prevention measures listed above and implement good self-care measures that include sleep, fluids and an adequate nutritional intake.

Please feel free to contact me if you have any questions or concerns.

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