

Subject: Stay Informed: Coronavirus
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Greetings, colleagues.

By now, you have likely heard of coronavirus and may be concerned for your health. To take the best care of yourself and your family, stay up to date on the facts and practice healthy hygiene habits.

1. What is coronavirus?	According to the Centers for Disease Control and Prevention (CDC), 2019 Novel Coronavirus (2019-nCoV) is a virus identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China.
2. How does coronavirus spread?	When person-to-person spread has occurred with viruses similar to coronavirus, it is thought to have happened mainly via respiratory droplets produced when an infected person coughs or sneezes. See How 2019-nCoV Spreads for additional information.
3. What are the symptoms of coronavirus?	The Pennsylvania Department of Health has information about the coronavirus available here , including a listing of symptoms: <ul style="list-style-type: none">• Runny nose• Headache• Cough• Sore throat• Fever• A general feeling of not being well.• Human coronaviruses can sometimes cause lower-respiratory tract infections, such as pneumonia or bronchitis. Please keep in mind that these symptoms are similar to the flu and the common cold . Please check with your doctor if you are experiencing any of these symptoms.
4. Am I at risk for contracting coronavirus?	While CDC considers this is a very serious public health threat, based on current information, the immediate health risk from coronavirus to the general American public is considered low at this time.
5. How can the spread of coronavirus be prevented?	The CDC recommends: <ul style="list-style-type: none">• Stay home except to get medical care• Separate yourself from other people in your home• Call ahead before visiting your doctor• Wear a facemask• Cover your coughs and sneezes• Wash your hands

- Avoid sharing household items
- Monitor your symptoms

Please go to [Interim Guidance for Preventing 2019 Novel Coronavirus \(2019-nCoV\) from Spreading to Others in Homes and Communities](#).

Additionally, the World Health Organization’s (WHO) [standard recommendations for the general public](#) to reduce exposure to and transmission of a range of illnesses are as follows, which include hand and respiratory hygiene, and safe food practices:

- Frequently clean hands by using alcohol-based hand rub or soap and water;
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands;
- Avoid close contact with anyone who has fever and cough;
- If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider;
- When visiting live markets in areas currently experiencing cases of novel coronavirus, avoid direct unprotected contact with live animals and surfaces in contact with animals;
- The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.

6. Should I be traveling?	Stay up-to-date on travel and coronavirus by going to the WHO’s international travel and health page .
7. What do I do if a student or a team member shows symptoms, like a runny nose, headache, cough, sore throat or fever?	<ol style="list-style-type: none"> 1. Do not panic. The risk of contracting coronavirus in the United States is low. 2. You may ask the student or employee to go home and not return until they have a documentation from their physician that they are able to return to class or work. (Keep in mind that many of our students may not have regular access to healthcare. Please do not place an unnecessary burden on them.) 3. Consider allowing the student to complete work remotely or make other arrangements so they can keep up with the coursework. 4. Ask Facilities to do a thorough cleaning of the classroom, office, or common spaces where a possibly infected student or employee has been. 5. Contact Aimee Brough, vice president of human resources at abbrough@hacc.edu or Della Archer, director, employee relations, at daarche2@hacc.edu if you have specific questions or concerns.

The situation with coronavirus changes daily, so continue to follow the CDC, WHO, Pennsylvania Department of Health, and other agencies for the latest, reliable updates.



Thank you!

Aimee

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Pronouns: She, Her, Hers

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