



Dear Students,

Welcome back from Spring Break! I hope you all enjoyed the opportunity to rest, relax and even have some fun away from your studies.

As I'm sure you're aware, the COVID-19 novel coronavirus continues to be on the world's mind as we make every effort to keep our communities healthy. As President Shannon has communicated, we are continuing to monitor the situation in close consultation with the Shelby County Health Department and our partner colleges and universities to coordinate prevention, communications and outreach, and response planning. I encourage you to visit www.cbu.edu/coronavirus to find the latest information from our campus administrators. You can also call the Shelby County coronavirus hotline for information at (901) 692-7523.

As you settle back into your classes and campus activities, I want to reiterate that the most important step you can take is to remain focused on precaution and prevention. The attached handouts from the Center for Disease Control and the Shelby County Health Department provide useful information and strategies to hopefully ease your mind in what may be a stressful or confusing time.

The U.S. Centers for Disease Control (CDC) has implemented a set of guidelines for travelers coming into the U.S. from high risk countries. These are **China, Iran, South Korea, and Italy**. To reduce the risk of spreading the virus, CDC is asking travelers from these countries to stay home for a period of 14 days upon entry into the U.S. The official travel advisory may be found here: www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html

If you have recently completed travel to any of these countries, we ask that you contact one of the following offices on campus with your status before deciding to return to campus:

For Faculty:	Academic Affairs	(901) 321-3231
For Staff:	Human Resources	(901) 321-3307
For Students:	Student Life	(901) 321-3532 or x3548

If you have been in one of the high risk countries above or in close contact with someone with confirmed COVID-19 in the past two weeks, you must stay at home for two weeks per CDC guidelines. If you develop symptoms such as a fever, cough, or difficulty breathing, you are also encouraged to remain at home and contact your doctor. If you do not have a doctor, please contact the CBU Health Center at (901) 321-3260 or hharring@cbu.edu. You can also find a list of local clinics and hospitals on the Health Center door on the first floor of the Thomas Center.

Thank you for your cooperation in these matters, and – above all else – stay well!

Sincerely,

Paul A. Haught, PhD

Vice President for Academics & Student Life

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COVID-19 (Novel Coronavirus)



Public Health
Prevent. Promote. Protect.
Shelby County Health Department

What is COVID-19?

Novel coronavirus, also known as COVID-19, is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia in some people.

How does COVID-19 spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- the air by coughing and sneezing
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes
- in rare cases, contact with feces

How severe is COVID-19?

Experts are still learning about the range of illness from this new coronavirus. Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults who had other health conditions.

What are the symptoms?

People who have been diagnosed with COVID-19 have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:

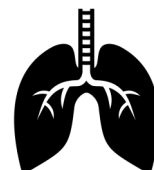
Fever



Cough



Difficulty
breathing



Who is at risk for COVID-19?

Currently the risk to the general public in the United States is thought to be low. At this time, there are only a small number of individual cases in the U.S. To minimize the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate any suspected cases.

Travelers to and from certain areas of the world may be at increased risk. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC.

How can I prevent infection with COVID-19?

If you are traveling overseas (to China but also to other places) follow the CDC's guidance: wwwnc.cdc.gov/travel.

Right now, COVID-19 has not been spreading widely in the United States, so there are no additional precautions recommended for the general public. Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus infection:

- wash hands often with soap and water. If not available, use hand sanitizer.
- avoid touching your eyes, nose, or mouth with unwashed hands
- avoid contact with people who are sick
- stay home while you are sick and avoid close contact with others
- cover your mouth/nose with a tissue or sleeve when coughing or sneezing



Currently, there are no vaccines available to prevent COVID-19 infections.

How is COVID-19 treated?

There are no medications specifically approved for coronavirus infection. Most people with mild illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization.

For more information, go to:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Updated 2/13/2020



Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT
2

The risk of getting COVID-19 in the U.S. is currently low.

Some people who live in or have recently traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT
5

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



For more information: www.cdc.gov/COVID19

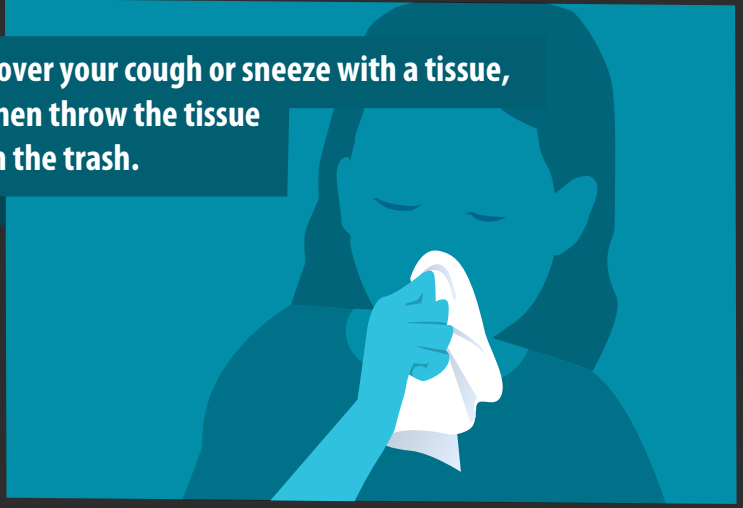
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

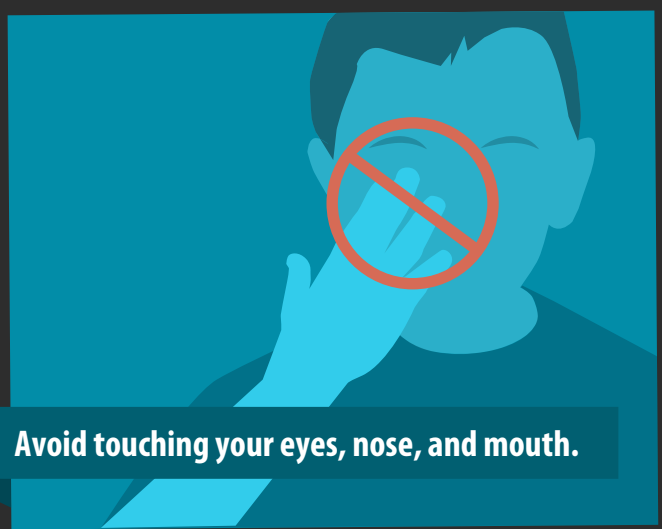
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19