



# OAKWOOD UNIVERSITY

GOD FIRST!

## About the Coronavirus (COVID-19) MARCH 6, 2020

### How is it spread?

Person to person through respiratory droplets when a person coughs or sneezes and another person is in close contact. People can spread the virus by touching infected surfaces and touching their eyes, nose, or mouth.

### What can I do to help prevent infection?

Centers for Disease Control (CDC) does not recommend a face mask to protect yourself from respiratory diseases including the COVID-19. The best way to prevent transmission is to avoid exposure and help prevent the spread of respiratory disease by remembering the following:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay in your residence hall or at home when you are sick.
- Cover your cough or sneeze with a tissue, throw the tissue in the trash, then wash your hands.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds (sing a verse of “Jesus Loves Me”) and if soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

### What are the symptoms? (Symptoms may appear 2-14 days after transmission)

- Fever (>100.4)
- Cough
- Shortness of Breath

### Where are the areas of ongoing transmission?

- China
- Iran
- Italy (Lombardy, Veneto, Northern Italy)
- Japan
- South Korea

### What if I traveled to areas of ongoing transmission?

If you spent time in the areas of ongoing transmission during the past 14 days and feel sick with fever or cough or have difficulty breathing:

- Take your temperature.
- Seek medical advice. Call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel on public transportation while sick.

### What should I do if I have symptoms?

- **NOTIFY** your residence hall staff immediately if you have a fever who will notify Health Services for further instructions.
- If you are off campus call Health Services **256.726.7840** or go to Urgent Care/ER for health concerns if after hours.
- If you are faculty and staff, please stay home from work. Seek medical care. Notify your immediate supervisor accordingly.
- **YOU SHOULD AVOID LARGE GROUPS OF PEOPLE:** CLASS, DINING AREAS, LIBRARY, OTHER DORM ROOMS, or CHURCH / SOCIAL GATHERINGS.
- You will be placed on isolation and given further instructions accordingly.

#### References:

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

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

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