

Information About 2019 Novel Coronavirus

The World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC) are monitoring an outbreak of a respiratory illness termed "2019-nCoV." The new virus is a coronavirus, which is a family of viruses that includes the common cold. It was first detected in Wuhan City, Hubei Province, China, and continues to expand. The Wellness Center has been following all CDC guidelines regarding this virus and receiving up to date alerts about best practices from the Pennsylvania Department of Health. While there have been a small number of isolated cases that have spread to the United States and person-to-person transmission among close contacts has been detected with this virus, it is important to note that the virus is currently not spreading to the community in the United States.

The CDC recommends avoiding all nonessential travel to China at this time. In addition, if you were in China in the last 14 days, watch for any changes in your health for 14 days after leaving and contact a healthcare provider if you develop a fever, cough, or difficulty breathing.

If you are experiencing these symptoms, the CDC is also recommending taking the following steps to protect yourself and others:

- Seek medical care right away. Before you visit the Dickinson Wellness Center, a doctor's office or an emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

We encourage all students to practice the following good hygiene habits and take general precautions, which will decrease your risk for all viral respiratory illnesses (e.g., seasonal flu):

- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available. Rub hand sanitizer into your hands until dry.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Use tissues one time only. Put used tissues in a wastebasket immediately after use, and wash hands.
- Cough or sneeze into your upper sleeve if you don't have a tissue.
- Clean your hands after coughing or sneezing. Use soap and water or alcohol-based hand sanitizer.
- Stay at least six feet away from anyone you suspect is sick.
- Eat a balanced diet, and drink lots of water.
- Get plenty of rest.

Please refer to the CDC website for more information. The CDC has posted answers to frequently asked questions about this situation, which can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>.

Should you have any questions or concerns about how this situation is being handled at Dickinson College, please contact the Wellness Center (717-245-1663).