

CHADRON STATE COLLEGE

Dear Colleagues,

As you prepare for the Mid-Term Break beginning Monday, March 9, please be aware of the following information regarding the Coronavirus disease (COVID-19) in the event you plan to travel or encounter other travelers. Given current infection rates, consider your travel destinations for spring break. According to the Nebraska Department of Health and Human Services (DHHS), confirmed cases have been reported in several states, however, there have been no cases of COVID-19 identified in Nebraska residents as of Feb. 28, 2020. While CDC officials consider this a serious public health threat, the immediate health risk to the public is considered low at this time, according to the DHHS.

Campus officials are monitoring the situation and will provide future updates, if warranted. Some ways to protect yourself from COVID-19 and other respiratory infections such as the flu are:

- Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with sick people and stay home if you are sick.
- Cover your nose and mouth with a tissue when you cough or sneeze then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Follow the same family plans and kits that people may use for flu season or severe weather season – <https://www.ready.gov>

COVID-19 can be a serious illness. Please do not let a lack of health insurance or money keep you from getting necessary healthcare. For the general American public, who are unlikely to be exposed to the virus at this time, the immediate health risk from COVID-19 is considered low.

Certain people will have an increased risk of infection, for example, travelers to countries with community spread of COVID-19, healthcare workers caring for patients with COVID-19, and other close contacts of persons with COVID-19.

Public health agencies are currently requesting help from the public to identify possible new cases of COVID-19. This guidance has been developed due to community spread in countries outside of China. Public health agencies are requesting:

1. People with Symptoms: Anyone with known exposure to a patient who tested positive for COVID-19 or who have returned to Nebraska in the last 14 days from the following countries: mainland China, South Korea, Iran, Italy, Japan, Hong Kong, Singapore, Taiwan, Thailand and Vietnam (as of March 2, 2020) and who have fever of at least 100.4 degrees or respiratory symptoms (cough and/or shortness of breath) should stay home and away from others and call their doctor.
2. Travelers without symptoms from mainland China are requested to self-report to the Nebraska public health on-line tracking system (<https://cip-dhhs.ne.gov/redcap/surveys/?s=JKHEPR4DPR>) and to stay at home and away from others for 14 days. Reports can also be made via phone to Panhandle Public Health District at 308-262-5764.
3. Travelers without symptoms from South Korea, Iran, Italy, Japan, Hong Kong, Singapore, Taiwan, Thailand and Vietnam are requested to self-report via the contact information listed in number 2 above.

For the latest information on COVID-19, visit <http://www.dhhs.ne.gov/coronavirus> or <https://www.cdc.gov/covid19>. Chadron State College's Health Services Office is also a resource available for students. The Campus Nurse in Crites Hall, Room 338, is available Monday through Friday from 8 a.m. to noon when classes are in session. For more information about CSC Health Services, call 308-432-6232.



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