



CITRUS COMMUNITY COLLEGE DISTRICT 1000 W. Foothill Blvd., Glendora, CA 91741-1899

NOVEL CORONAVIRUS INFORMATION

Email to students, faculty, and staff – February 26, 2020

Dear Students and Colleagues:

In an effort to keep the college community safe and informed, the Citrus College Student Health Center is providing an update on the coronavirus disease 2019 (COVID-19), which was first identified in Wuhan, China.

At present, there are no COVID-19 cases at Citrus College. The college will continue to monitor the situation closely and work with the Los Angeles County Department of Public Health to update the community on any developments. National and global public health officials are also closely following this developing situation.

All members of the college community are encouraged to take precautions to prevent the spread of infectious diseases. Precautions include frequent **hand washing or sanitizing, as well as respiratory hygiene** (e.g., covering your nose and mouth when you cough or sneeze, avoiding touching your eyes, etc.). These proven preventative measures will help reduce your risk of many respiratory infections, including **influenza** (the common flu), which is widespread in L.A. County.

The Student Health Center advises persons who recently traveled from affected areas (in the past 14 days) or those who have had close contact with someone suspected of having an infection with COVID-19 to watch for flu-like symptoms, including fever and respiratory symptoms (e.g., sore throat, cough or difficulty breathing). If you or someone you know is experiencing symptoms, use a face mask and seek immediate medical care. If you are not experiencing symptoms, you do not have to be seen by a health care provider.

Students should call the Student Health Center at 626-914-8671 or 2-1-1 if they have been exposed. The Student Health Center will refer students to the appropriate public health department, where they will be treated regardless of citizenship status. **Faculty and staff** should contact their health care provider. Be sure to call before seeking care.

What are the symptoms I should be looking for?

Patients with a confirmed COVID-19 infection have reportedly had mild to severe respiratory illness with symptoms of:

- Fever (>100.4° F or 38° C)
- Cough
- Shortness of breath
- Sore throat

The best way to prevent infection is to avoid being exposed to the virus. However, as a reminder, preventative actions to help prevent the spread of respiratory viruses include:

- Wash your hands with soap often
- Avoid touching your eyes, nose and mouth with unwashed hands

- Stay home when you are sick
- Cover your cough or sneeze
- Clean and disinfect frequently touched surfaces

Students who are experiencing increased anxiety or stress related to concerns about the virus are encouraged to make an appointment to see a Student Health Center therapist.

During this stressful time, please show sensitivity and support for one another, especially when working with individuals from other countries or ethnicities.

For more information, news and updates on the virus, please visit the following organization websites:

Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization: <https://www.who.int/health-topics/coronavirus>

Los Angeles County Department of Public Health: <http://publichealth.lacounty.gov/media/Coronavirus>