

## March 8, 2020 - Message to students

The Coronavirus, also known as COVID-19 or 2019-nCov, continues to make headlines. COVID-19 is a newly identified coronavirus that is causing an outbreak of mild to severe illness with symptoms including fever, cough and difficulty breathing. Clarion University does not have any reported or confirmed cases of the virus at this time.

First identified in December 2019 in the city of Wuhan, Hubei Province, China, the virus has been diagnosed in multiple countries, including the United States.

Protect yourself the same way you would against any respiratory virus.

You should:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with sick people.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

The Health Center, located in the Center for Wellness, is screening every student who reports recent travel and any symptoms they may have. The health center has posted a [video](#) about coronavirus on its website.

Accurate information is the best defense anyone has. The [Center for Disease Control](#) is another valuable resource for even more tips and includes helpful information about traveling domestically and internationally.

As we work together through this global health concern, it is important that we do not generate a stigma against specific populations. The [Pennsylvania Department of Health](#) reminded the public "viruses can make **anyone** sick—regardless of their race or ethnicity."

"People who haven't recently traveled to China or been in contact with person who is a confirmed or suspected case of [#COVID-19](#) are not at greater risk of acquiring plus spreading COVID-19 than other Americans," the Pennsylvania Department of Health said.

If you are experiencing symptoms and have traveled to Wuhan or another affected area of the world or have had close contact with someone who has:

- Call your medical provider right away and tell them that you have, or may have been, exposed to COVID-19. Do not go to a medical facility before calling ahead.
- Clarion University students may call the Center for Wellness, Health Services at (814) 393-2121 from 8:30 a.m.-4:45 p.m., Monday-Friday.
- Those who are in the Clarion area but are not Clarion University students should call their healthcare provider or the PA Department of Health at (814)226-2170.
- Avoid contact with others.
- Do not travel while sick. Please do not get on public transportation or just arrive at the Center for Wellness. Call instead (814) 393-2121.