

COVID-19

The NOVEL Coronavirus

As a campus continuing to be proactive in fighting the global spread of this disease, we urge you to follow these helpful tips on how to keep you, and those around you, safe and healthy.

WHAT YOU CAN DO TO STAY HEALTHY



Stay informed. For continued updates, please visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>



Take everyday actions to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth to avoid the spread of germs.
- Stay home if you get sick. Center for Disease Control and Prevention (CDC) recommends that you stay home from work or school and limit contact with others to keep from infecting them.



Follow public health advice regarding travel, school closures, avoiding crowds and other social distancing measures.



Fight stigma by [knowing the facts](#) of COVID-19 disease and sharing them with others in your community.