

# MARIA

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## COLLEGE

Dear Maria College Community,

With the recent news on the novel Coronavirus (COVID-19) we wish to communicate information from the New York State Department of Health and reiterate the importance of taking good preventative measures during cold and flu season.

Maria College is monitoring the situation closely and will communicate any changes to the campus community. Please visit the Maria College website on Coronavirus to read more about the virus and the preventative measures being taken on campus: <https://mariacollege.edu/coronavirus>

Any members of the Maria College community who travel to areas on the Center for Disease Control and Prevention (CDC) Alert Level 2 or Warning Level 3 are asked to observe a 14-day isolation period away from campus. Students returning from one of the areas on the CDC list should self-identify to Associate Vice President for Student Affairs and Associate Dean of Students, Andrew Ledoux. Employees should self-identify to Human Resources Manager, Rosalyn Vazquez.

The typical measures apply to prevent the spread of respiratory viruses: good hand washing, maintaining distance from people who are showing signs of illness, and cleaning surface areas will go a long way. If you are experiencing any symptoms of illness please use good techniques for sneezing, and use your discretion to remain home if you are actively ill. Please communicate with your professors and instructors if you will not be attending class due to illness - faculty and staff will be accommodating to students who are ill during this time. Please see the section below about prevention.

Further information can be found on the DOH's Coronavirus website: <https://www.health.ny.gov/diseases/communicable/coronavirus/>

### **What is the Covid-19 novel Coronavirus?**

This coronavirus can lead to fever, cough and shortness of breath. There are thousands of confirmed cases in China, including cases outside of Wuhan and additional cases being identified in a growing number of countries internationally, including the United States. There are ongoing investigations to learn more about this virus.

Individuals who are experiencing symptoms and may have traveled to areas of concern, or have been in contact with somebody who has traveled to these areas, should call ahead to their health care provider before seeking treatment in person.

The 2019 novel coronavirus is a new virus and shouldn't be confused with other coronaviruses that have been around for many years causing upper respiratory symptoms, like the common cold. If a routine test ordered by your health care provider and done at a local hospital or lab, is positive for

coronavirus, that means that you have one of the common coronaviruses. The only way to test for 2019 novel coronavirus is through specialized testing at the U.S. Centers for Disease Control and Prevention. If you are unsure which kind of virus you are being tested for or what the result means, be sure to ask your health care provider. This is a rapidly changing situation. Please regularly check this site and the CDC's Novel Coronavirus webpage for updates.

### **Symptoms**

The 2019 novel coronavirus may cause mild to severe respiratory symptoms like:

- cough
- fever
- trouble breathing and
- pneumonia

CDC believes at this time that symptoms may appear in as few as 2 days or as long as 14 days after exposure to the virus.

### **How Does Novel Coronavirus Spread?**

Most of the early reported cases had contact with a seafood and live animal market, suggesting an animal source of the outbreak. However, most cases are now likely to be spread from person to person by droplets when coughing. Since this virus is very new, health authorities continue to carefully watch how this virus spreads.

### **Prevention**

While there is currently no vaccine to prevent this virus, these simple steps can help stop the spread of this and other respiratory viruses:

- 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 people who are sick.
- 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.

For any questions, please contact Drew Ledoux, Associate Vice President of Student Affairs and Associate Dean of Students: [dledoux@mariacollege.edu](mailto:dledoux@mariacollege.edu)