



BRYN ATHYN COLLEGE

COVID-19 Communication #3

Date	3/9/20
Intended Audience	Campus Community
Task Force Area	Health Services
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What is novel coronavirus (2019-nCoV)?

2019-nCoV is a newly identified coronavirus that is causing an outbreak of pneumonia illness. It was first identified in December 2019 in the city of Wuhan, Hubei Province, China.

Since then, the virus has been identified in multiple other countries, including cases in the U.S.

According to the Centers for Disease Control and Prevention (CDC), [human coronaviruses](#) are common throughout the world and usually cause mild to moderate illness in people. This new virus is a public health concern because:

- It is newly identified, so much is still unknown about it.
- Two other human coronaviruses, MERS-CoV and SARS-CoV, have caused severe illness.

What is the risk?

The CDC considers this new virus a public health concern based on current information. The CDC and the World Health Organization are closely monitoring the situation and providing ongoing guidance.

The CDC currently states, "For most of the American public, who are unlikely to be exposed to this virus at this time, the immediate health risk from COVID-19 is considered low." See more from the CDC on Risk Assessment.

Symptoms and transmission:

Symptoms may be flu-like, ranging from mild to serious, and include:

Fever

Cough

Difficulty breathing

Person-to-person spread is occurring, although it's unclear exactly how it is transmitted and how easily the virus spreads between people.

Testing is not readily available yet, but we are monitoring the situation and will request testing as needed.

Recommendations for people with symptoms:

If you have symptoms of fever, cough, and/or difficulty breathing and in the last 14 days:

- You visited an affected region in China, South Korea, Italy, Iran, or Japan, **OR** You had close contact with someone who had traveled to an affected region in China, Italy, Iran, South Korea, or Japan, and who had respiratory symptoms
- You have had close contact with someone who was diagnosed with COVID-19

You should:

- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about any recent travel and your symptoms.
- If you are a Bryn Athyn College Student please make health services aware immediately by calling 267-502-6070 (It is important to leave a message at this number if no one answers, messages are forwarded directly to health services personnel and they will respond in a timely manner.) During health services hours of operation you can reach out to the Director of Health and Wellness 267-502-6077 or the Nurse Practitioner 267-502-6011.
- Campus residents please call Director of residence life during business hours 267-502-2794, after business hours contact the Area Coordinator at 215-502-2950.
- If you are a Bryn Athyn College employee, staff or faculty remember please refer to COVID-19 Communications #1 and #2 for specific directives for communications with supervisors and Human Resources.
- Avoid contact with others.
- Do not travel while sick. Please do not get on public transportation or just arrive at a medical facility. Call ahead instead.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available

Travel recommendations / restrictions:

International travel: Please Inform Us About Travel Plans

The US State Department and CDC recommend travelers avoid travel to China, Italy, Iran, and South Korea. The CDC recommends enhanced precautions for travel to Japan.

Travel disruptions related to the virus are possible, and the situation continues to change quickly. We recommend that you carefully consider global travel given current uncertainties. If you plan to travel in the near future, it's important to build in as much flexibility as possible into your plans. Impact on travel may include flight cancellations, additional health screenings, quarantine, restrictions on re-entering the United States, or requirements to self-isolate upon arrival.

Travel within the US: Please Inform Us About Travel Plans

The CDC's Information for Travelers does not currently recommend against travel within the US. Again, this is a rapidly evolving situation, and if you plan to travel in the US, you may wish to make your decision based on the CDC's guidance, your reasons for travel, your destination(s), and your own health status. It's a good idea to build flexibility into your travel plans.

Wherever you are, it's recommended to practice everyday prevention measures. Also note that older adults and travelers with underlying health issues may be at risk for more severe disease and should discuss travel with their healthcare provider.

Recommendations for self-isolation for certain returning travelers:

If you have been in a country with a CDC Level 3 Travel Notice (as of March 4, these are China, South Korea, Italy and Iran), you should self-isolate for 14 days. Get medical attention immediately if you have symptoms of fever, cough and shortness of breath.

Level 3 Travel Notices indicate a high risk to travelers due to widespread community transmission of respiratory illness caused by COVID-19 in these countries. Self-isolation is currently not recommended for those who only traveled through an airport in a country under the Level 3 Travel Notice.

Students needing to self-isolate based on prior travel are encouraged to consider doing so at home or in a setting that minimizes contact with others as they return home and before they return to campus. Students with roommates who are self-isolating should take precautionary measures including limiting contact with anyone who is self-isolating, cleaning surfaces, washing hands frequently, and avoiding sharing utensils. Students who are on campus and need to self isolate will do so under the direction of Residence Life Staff.

Employees with questions about working arrangements during self-isolation should contact their supervisor.

How to self-isolate after travel:

- Stay home. Do not go to work, school or public areas.
- Separate yourself from other people and animals in your home. Avoid visitors to your home.
- Self-monitor for fever by checking temperature at least twice a day. Contact your healthcare provider if you develop a fever or respiratory symptoms.
- When seeking medical care, call ahead and tell them about your symptoms.
- Do not use public transport like buses or taxis.

Prevention:

There is no current vaccine to prevent this virus, and the CDC advises that the best way to prevent infection is to avoid being exposed to this virus.

Here are everyday actions to help prevent the spread of 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 and clean your hands.
- Clean and disinfect frequently touched objects and surfaces.
- Consider alternatives to shaking hands.
- Additionally, unless you are sick with cough, sneezing and fever, it is not advised to wear a mask.

Treatment:

People infected with COVID-19 should receive supportive care to help relieve symptoms. Currently, there is no specific antiviral treatment recommended for COVID-19 infection. (source: CDC)

- If you are an employee, please call your local health care provider and make human resources aware of your illness by calling 267-502-6038. If you cannot reach your health care provider call the ER and let them know you are coming and then go to the ER.

Mental Health Resources:

We Understand these can be stressful times;

For students interested in support please contact our counselors located in the College Health Center for an appointment:

Kevin Roth
Kevin.roth@brynathyn.edu
267-502-2432

Or

Allie Abraham
Allie.abraham@brynathyn.edu
267-502-2949

If you need to speak to someone urgently and the counselors are not scheduled call Montgomery County Mobile Crisis Support at 1-855-634-4673.

What is the campus health service doing about 2019-nCoV?

- Bryn Athn College has formed a task force with the following members;
 - Dr. Susan Fidler, Medical Director
 - Scott Jones - Director of Health and Wellness
 - Dean Suzanne Nelson – Student Life, Resident Life and Athletics
 - Dean Wendy Closterman – Academic Matters and Faculty
 - Richard Daum – Director of Network Services
 - Renee Rosenfeld – Director of Human Services
 - Jim Kalavik – Director of Public Safety

The purpose of the task force is to monitor situation, disseminate most up to date recommendations, respond to campus needs, and provide resources.

This includes;

- Updating health services web page with up to date COVID-19 Information as well as educational materials
- We will have weekly updates for the campus community about the status of COVID-19 on our campus and in our community
- Working with college cleaning services to increase cleaning and disinfecting on campus of high risk surfaces and make supplies for cleaning surfaces readily available.
- We have set up hand sanitizer station for the use of the campus community

- Collecting and recording travel and exposure data
- Reviewing basic transmission reduction information with campus community through
 - signage, video screen postings and fact sheets
 - Wash your hands
 - Cover your cough
 - Use hand sanitizer

What can campus community members do about COVID-19?

- Review all campus communications with regard to COVID-19
- Follow transmission reduction recommendations
- Assist with cleaning of personal spaces (especially work surfaces) and highly touched surfaces, such as door knobs, handles and light switches
- If you are on campus and feel you have been exposed, communicate with Campus Health Services, direct supervisors, and human resources appropriately
- If you are off campus and feel you have been exposed, contact your health care provider or ER and then contact campus health services, direct supervisors, and human resources.