

Dear Parkland Students, Faculty, and Staff:

The Parkland College Wellness Center, in collaboration with the administration, is continuing to monitor information related to the spread of the COVID-19 and is committed to keeping you informed with the latest public information and community response to the virus.

You may find the latest national information on the virus from the Centers for Disease Control:

<https://www.cdc.gov/coronavirus/2019-ncov/>

How is COVID-19 spread and what can I do to protect myself?

- COVID-19 is thought to be spread mainly from person-to-person through respiratory droplets produced when an infected person coughs or sneezes.
- To protect yourself, the following precautions are recommended:
 - Wash your hands often with soap and water for at least 20 seconds.
 - Avoid touching your eyes, nose, or mouth with unwashed hands.
 - Avoid close contact with people who are sick (i.e. within 6 feet).

What should I do if I have questions or believe I may have been exposed to the coronavirus?

- Anyone displaying respiratory symptoms are being asked to call their healthcare provider or the emergency department before arriving at the facility for testing.
- Wearing a surgical mask and washing your hands frequently may help protect others from infection.

What can I do to protect myself from COVID-19 while traveling?

- For students, faculty, and staff wanting to travel, we advise that they adhere to the Centers for Disease Control and Prevention (CDC) travel warnings: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- Practice good health hygiene while traveling such as coughing and sneezing into the bend of your elbow or into a tissue, wash your hands in warm soap and water for at least 20 seconds, and distance yourself from noticeably sick people.
- Other basic health practices should be considered to keep your immune system strong such as exercising, eating a healthy diet, and getting plenty of sleep.

How can I stay healthy at Parkland?

- Our custodial staff will be doing extra disinfecting of common areas and frequently touched items, such as hand railings and door handles, on campus.
- Additional hand sanitizer dispensers will be mounted on the walls around campus in thirty different locations.
- Disinfect your personal workspace/studyspace including your keyboard, mouse, and phone.
- Continue to follow cough hygiene and handwashing hygiene.

For additional questions or concerns about COVID-19, a hotline and email have been established:

Hotline: 1-800-889-3931

Email: DPH.SICK.@ILLINOIS.GOV

We are taking great strides to keep our campus safe and we thank you for your cooperation.

Thank you,

Sara Maxwell
Wellness Coordinator
Parkland College