

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 corona virus 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/>

Facts about the coronavirus in our community and on our campus:

- Parkland College and the Champaign-Urbana community have no confirmed cases nor are there any individuals in our community under investigation for possible infections.
- There has been one confirmed case in the State of Illinois.
- The College has reached out to students who may be at risk to offer safety precautions and next steps should symptoms arise.
- For students, faculty, and staff wanting to travel to China, we advise that they adhere to the Centers for Disease Control and Prevention (CDC) Level 3 travel warning: <https://wwwnc.cdc.gov/travel/notices/warning/novel-coronavirus-china>
- Local health care providers and the Champaign-Urbana Public Health District have implemented “airborne” precautions because the Novel Coronavirus 2019-CoV is not well studied at this point, and they cannot fully exclude the possibility that it could spread through the air.

How is the coronavirus spread and what can I do to protect myself?

- Coronaviruses are generally spread by droplet contact, but the Novel Coronavirus 2019-CoV is being studied to determine how it is spread.
- 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?

- All students who display 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.
- Students with questions or concerns are encouraged to contact their health care provider, the Champaign-Urbana Public Health department (217-531-5369 or 217-352-7961) or the Parkland College Wellness Coordinator (smaxwell@parkland.edu, 217-373-3879).

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