OVERVIEW

What do I need to know?

- There are NO confirmed cases of coronavirus in Claremont or outlying communities currently.
- Unless you have recently traveled from China or have been around someone ill with this new virus, your risk of getting sick is low. If you have traveled from China and are, experiencing signs and symptoms contact Student Health Services at 909-621-8222 BEFORE going to work or attending class.
- This is an evolving situation, the CDC coronavirus website is the best source of up to the minute information.
- If needed, updates specific to Los Angeles County will be posted on the Los Angeles County Public Health website.
- While CDC considers this a serious public health concern, based on current location, the immediate health risk to the general American public is considered low at this time.

What is the new Coronavirus?
Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS and SARS. Human coronaviruses are common throughout the world. Seven different known coronaviruses can infect people and make them sick. Some were identified many years ago and some more recently.

What are the signs and symptoms of the Coronavirus?
Symptoms are similar to other respiratory viruses. If you have these symptoms it does not necessarily mean you have this new virus! Unless you have recently traveled to China or have been around someone ill with this new virus, your risk of getting sick is near zero.

Symptoms include:
- Fever (may not always be present)
- Coughing
- Shortness of breath or difficulty breathing

Other early symptoms to look for include:
- Chills
- Body aches
- Sore throat
- Headache
- Diarrhea
- Nausea/vomiting
- Runny nose
TREATMENT AND PREVENTION

What should I do if I have a fever or have the symptoms of the flu? Do I need to be isolated?
Individuals who have had recent travel within the last 14 days in China and are experiencing symptoms or who have been in close contact with those who are ill and recently traveled to affected regions are advised to call Student Health Service at 909-621-8222. After hours or weekends, call Campus Safety at (909) 607-2000. Faculty and staff should contact their regular health care provider. For other illnesses, stay at home to avoid spreading illness to others until you have been without a fever for 24 hours.

Does the flu shot prevent the Coronavirus?
No, the flu shot is formulated to match influenza viruses expected to be circulating in the United States during the 2019-2020 flu season. The influenza virus is a different genetic makeup from the coronavirus. The coronavirus has many genetic variants, including the “common cold” that generally does not present serious adverse health risks.

Does wearing a face mask help me if I’m NOT sick?
The CDC has indicated that wearing face masks routinely is not recommended for people who are well. Handwashing and avoiding touching your face are the most effective method of illness prevention.

What should I do to prevent the spread of infection?
The Centers for Disease Control and the Los Angeles County Department of Public Health tell us the most effective means of protection are the same as those precautions that prevent other illnesses such as the flu:

- Wash hands often with soap and water for at least 20 seconds.
- It is especially important to wash your hands:
  - Before, during, and after you prepare food.
  - Before you eat and after you use the bathroom.
  - After handling cash.
  - More frequently when someone in your house is sick.
  - Before/after smoking/vaping.
  - Before/after using public computers.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- Frequently clean your doorknobs, light switches, and other commonly touched areas with disinfectant wipes.
- Avoid contact with sick people.
- Stay home if you are sick or have a fever of 100 degrees.
- Flu and other serious respiratory illnesses are commonly spread by cough, sneezing, or unclean hands. Covering your nose and mouth when coughing or sneezing prevents the spread of a virus.
- Avoid touching your eyes, nose, and mouth.
RESPONDING TO CONCERNS

If there is an infection of the Coronavirus (2019-CoV) on campus, will The Claremont Colleges isolate the individual?
In the event of a Claremont Colleges student testing positive for the Coronavirus (2019-CoV), the patient would receive appropriate medical attention and would be under monitoring of public health officials. The Los Angeles Department County of Public Health has indicated that it will work directly with colleges and universities to assess roommates or suitemates concerned about close contact to determine their needs and next steps. It is important to remember this is a potentially evolving situation and the safety and health of our students is of the utmost concern and will take precedence.

How can I know if I might have been in contact with an affected patient?
Local public officials will conduct a “contact tracing” measure with identified patients and proactively contact any individuals who might have had an exposure. They will work with any individuals who may be affected to monitor if any symptoms develop.

If someone who has recently traveled to China is on campus, should they be isolated or held in quarantine?
Any recent traveler from China who has symptoms (fever and respiratory symptoms such as sore throat, cough, or difficulty breathing) should contact Student Health (909-621-8222) immediately.

Quarantine is not currently recommended for those who do not meet the public health criteria for the Coronavirus. Students who are ill with flu and/or cold-like symptoms should continue medically recommended practices, including monitoring their temperature and practicing good hygiene. Individuals who may have had an exposure or are arriving from affected areas are not required to be quarantined per the CDC.

The Los Angeles County Department of Public Health said in a statement that it appears this latest case does not threaten public health, cautioning, “people should not be excluded from activities based on their race, country of origin, or recent travel if they do not have symptoms of respiratory illness.”

How many cases are there in LA County? How fast is it spreading?
Please visit the LA County Department of Public Health for continual updates on the Coronavirus as it relates to ongoing monitoring of the virus in the county. We can expect to see more confirmed U.S. cases in addition to these first confirmed cases as screenings at twenty (20) airport points of entry in the United States continue to screen passengers traveling from China.

I am worried about friends and family in impacted areas. What can I do to help?
It's hard knowing people you care about are in the middle of a potentially scary situation far away. We know that this has been a difficult time for many members of our community. Please know we are here for you and encourage you to reach out for support. Students who want to meet with a counselor can call 909-621-8202.

We urge all members of our community to treat one another with compassion rather than suspicion. If you notice anyone is ill or have not been to class, please share your concerns with your Resident Advisor and Student Dean.
Students can also help their families back home by letting them know they are taking good care of themselves. The best advice for not getting sick is to practice frequent handwashing and staying out of close contact with people who might be sick.