

March 9, 2020

Garrett College Community

RE: Prevention Recommendations for Students Regarding COVID-19

The College is committed to keeping the community informed regarding the Novel Coronavirus (COVID-19). With Spring Break upon us, it is important to take the necessary precautions to protect and prevent.

Cases in Maryland and Surrounding States (as of 3/9/2020 1:30pm):

Maryland- 5 cases (4- Montgomery County; 1- Harford County)

West Virginia- None at this time

Pennsylvania- 7 cases (5- Montgomery County; 1- Delaware County; 1- Wayne County)

Virginia- 3 cases

Washington DC- 1 case

Travel

For the immediate future, the College is recommending to faculty, staff and students that they not travel to any countries that the CDC lists as level 1, 2 or 3. That list can be found [here](#).

The College also encourages individuals to limit their domestic travel where possible.

Travelling for Spring Break? Consider postponing your trip or check before you go. Visit the CDC's information for travel page [here](#).

Prevention

The virus is thought to spread mainly from person to person, between people who are in close contact with one another (about 6 feet), and through respiratory droplets when an infected person coughs or sneezes.

To protect yourself, and especially those in our community who are most vulnerable, the CDC recommends [everyday preventative actions](#):

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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 using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.

- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

There is no vaccine currently to prevent COVID-19.

Recommendations

- Be familiar with and follow the recommended prevention strategies.
- Follow the CDC recommendations for travel.
- [Prevent the spread of COVID-19](#) if you are sick.
 - Stay home except to get medical care.
 - Separate yourself from others.
 - Call ahead before visiting the doctor.
 - Wear a facemask if you are sick.
 - Cover your coughs and sneezes.
 - Clean your hands often
 - Avoid sharing items.
 - Clean all “high-touch” surfaces everyday.
 - Monitor your [symptoms](#).

For more information, visit the College’s informational page at <https://www.garrettcollege.edu/corona-virus.php>

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