

Update: January 30, 2020

## **Coronavirus 2019**

The news of the coronavirus outbreak serves as a reminder that now is cold and flu season and the steps you take to reduce spread of illnesses are important in controlling outbreaks of respiratory borne diseases. [The Linfield Student Health, Wellness and Counseling Center](#), along with Linfield Human Resources, remind you of the following effective ways to protect yourself and your community:

- Wash hands frequently, if soap and water are unavailable use an alcohol-based hand sanitizer, containing at least 60% alcohol
- Cover your mouth and nose when you cough or sneeze
- Stay home if you are ill, especially if you have a fever and let your supervisor know you are ill
- Get vaccinated against influenza. If you have not yet received the vaccine, you may still do so
- If you have any questions or concerns about your health, please contact your primary care provider. You may be given special instructions to follow in preparation of your health visit

Currently the Centers for Disease Control and Prevention states the risk from coronavirus to the general American public is low. Linfield College administration is working with local and Oregon State public health officials to continue to monitor the situation as well as plan and implement a response if the need arises.