Update: February 27, 2020

To the Linfield Community,

As many have read or heard on news reports, COVID-19, which originated in China has now spread to many countries, including the United States. Federal authorities today announced 60 people in the United States had been infected with the virus, mainly from travel abroad. At the time of this message, there have been no reported cases in Oregon, however, federal health authorities warn the virus is likely to spread and encourage people to prepare for the illness' arrival in their community. Linfield has experience with novel viral illness and many of the staff and faculty here now were here in 2009 when

this is not thought to be the main way the virus spreads. People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this with this new coronavirus, but this is not thought to be the main way the virus spreads.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of fever, cough and shortness of breath. Severely ill people may develop pneumonia. The very young, very old and those with compromised immune systems are more severely affected by the illness.

How can I help protect myself?

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- 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.
    - o CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
    - o 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 care workers and for people 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.
    - o 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.