



**The University of Arkansas at Monticello
Department of Student Health Services**

Dear Campus Community,

Recent news regarding the coronavirus, or COVID-19, has caused concern around the world, affecting the stock market and travel plans for many Americans. The Centers for Disease Control (CDC) confirmed 14 cases in the United States. **There are currently no cases in Arkansas.** Individual risk is dependent on exposure, which means for most Americans that risk is low. However, COVID-19, like the flu, is **something we should take seriously.**

Please see the information below to learn more about the virus and ways in which you can protect your health and the health of the UAM community.

What is novel coronavirus (COVID-19)?

COVID-19 is a newly identified coronavirus that is causing an outbreak of pneumonia illness. It was first identified in December 2019 in the city of Wuhan, Hubei Province, China.

Since then, the virus has been identified in multiple other countries, including cases in the U.S.

According to the Centers for Disease Control and Prevention (CDC), [human coronaviruses](#) are common throughout the world and usually cause mild to moderate illness in people. This new virus is a public health concern because:

- It is newly identified, so much is still unknown about it.
- Two other human coronaviruses, MERS-CoV and SARS-CoV, have caused severe illness.

What are the symptoms? How is coronavirus transmitted?

[Symptoms](#) may be flu-like, ranging from mild to serious, and include:

- Fever
- Cough
- Difficulty breathing.

Person-to-person spread is occurring, although it's unclear exactly how it is transmitted and how easily the virus spreads between people.

How is coronavirus treated?

People infected with 2019-nCoV should receive supportive care to help relieve symptoms. Currently, there is no specific antiviral treatment recommended for 2019-nCoV infection. (source: [CDC](#))

How is the spread of coronavirus prevented?

There is no vaccine to prevent this virus, and the [CDC](#) advises that the best way to prevent infection is to avoid being exposed to this virus.

Here are everyday actions to help prevent the spread of respiratory viruses:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- 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.

Recommendations for people with respiratory symptoms:

If you have symptoms of fever, cough, and/or difficulty breathing and in the last 14 days you:

- Traveled to an affected region
- Had close contact with someone who had traveled to an affected region

You should:

- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

Your health, and the health of our entire UAM community, is of utmost importance to us. If you have any questions or concerns about the coronavirus, please contact UAM Student Health Services at (870) 460-1051.

Sincerely,

Terri Richardson, RN
Director of Student Health Services & Exercise Center
Randy S Risher Wellness Center
University of Arkansas at Monticello
UAM PO Box 3459
Monticello, AR 71656
ph 870-460-1051
fx 870-460-1653
Richardson@uamont.edu