

## **Influenza and Coronavirus Disease (COVID-19) Announcement** **February 19, 2020**

At this time, the Center of Disease Control and Prevention (CDC) has stated, “Imported cases of COVID-19 in travelers have been detected in the U.S. Person-to-person spread of COVID-19 also has been seen among close contacts of returned travelers from Wuhan, but at this time, this virus is NOT currently spreading in the community in the United States.” (<https://www.cdc.gov/coronavirus/2019-ncov/summary.html>).

### **Current Status Updates Regarding Influenza**

- Currently, the greater risk of infection for our campus community centers around Influenza.
- It is still not too late to receive and benefit from being immunized against the flu.
- HCS Medical Clinic still has a limited number of free flu vaccinations. Students wanting to be vaccinated against the flu may do so by making an appointment or walking in to the medical clinic.

### **Current Status Updates Regarding Coronavirus Disease (COVID-19)**

- University officials will continue to advocate measures which will protect against both Influenza and Coronavirus Disease (COVID-19) and monitor the Coronavirus Disease (COVID-19) concern to determine if the virus is impacting our campus.
- At this time, there have been no diagnosed cases or patients under investigation (PUIs) of Coronavirus Disease (COVID-19) within Coles County.
- As of Tuesday, February 19, 2020, the CDC had confirmed 15 positive cases throughout the United States, with two positive cases in Illinois. The two cases in Illinois have been cleared and released from the hospital.

### **EIU Coronavirus Disease (COVID-19) Information Page**

- For official notices and updates regarding the Coronavirus Disease (COVID-19), individuals should visit the Eastern Illinois University Coronavirus Disease (COVID-19) information page at <https://www.eiu.edu/health/COVID-19.php>. This page also includes links to information and updates from the Centers for Disease Control and Prevention (CDC) and the Illinois Department of Public Health (IDPH) regarding the Coronavirus Disease (COVID-19) outbreak.

### **Illinois Coronavirus Disease (COVID-19) Hotline**

- The Illinois Department of Public Health (IDPH) in coordination with the Illinois Poison Control Center have launched the Illinois Coronavirus Disease (COVID-19) Hotline and email address to answer questions Local Health Departments, clinicians, and the general public may have regarding the 2019 Coronavirus Disease (COVID-19).
- The hotline and email address were created to provide consistent information, answer questions, share facts about symptoms, and provide up-to-date information from the CDC.
- Illinoisans can dial 1-800-889-3931 twenty-four hours a day, seven days a week or email [DPH.SICK@ILLINOIS.GOV](mailto:DPH.SICK@ILLINOIS.GOV) to get their questions answered.

## **Virus Transmission**

Influenza, Coronavirus Disease (COVID-19), and other respiratory pathogens spread, appear to be most commonly spread from an infected person to others through:

- the air by coughing and sneezing
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

## **Prevention**

EIU Health and Counseling Services recommend the following ways to protect yourself and others from catching or spreading respiratory illnesses like Influenza and Coronavirus Disease (COVID-19):

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick (i.e. within 6 feet).
- Get a flu shot! They are still available **for free** to students through the HCS Medical Clinic.
- Cover your mouth and nose with a tissue when you cough or sneeze. Dispose of the tissue in the trash and wash your hands.
- Clean and disinfect objects and surfaces.
- Stay home and avoid close contact with others if you are sick.
- Get adequate rest.
- Eat well and stay hydrated.

## **Coronavirus Disease (COVID-19) Symptoms**

Common human coronaviruses usually cause mild to moderate upper-respiratory tract illnesses, like the common cold and Influenza. These illnesses typically last for a short amount of time. Symptoms may include:

- fever
- symptoms of lower-respiratory illness (e.g., cough, difficulty breathing)
- lower-respiratory tract illnesses, such as pneumonia or bronchitis

## **Seeking Medical Care**

- Medical care should be sought immediately should an individual experience
  - a fever AND lower-respiratory symptoms/illness  
AND
  - close contact with a confirmed Coronavirus Disease (COVID-19) patient or a patient under investigation OR with someone who has traveled to mainland China 14 days prior to the onset of symptoms.
- Students who believe they might be experiencing symptoms related to Influenza, Coronavirus Disease (COVID-19), or other respiratory illnesses should seek medical care from the Health and Counseling Services Medical Clinic, located within the Human Services Building, Monday – Friday from 8:00 a.m. – 5:00 p.m., 217-581-3013.
- If urgent care is needed after regular hours, students should report to the Sarah Bush Lincoln Health Center Emergency Department, 217-348-2551.
- Faculty or staff who are concerned about their health or believe they might be experiencing symptoms should call their regular healthcare provider for guidance.

## **University/Institutional Response to Influenza and Coronavirus**

- The HCS Medical Clinic staff will continue to screen all students for Coronavirus Disease (COVID-19) who presented with flu-like symptoms.
- All students with upper-respiratory symptoms will continue to be masked upon entry to the Medical Clinic.
- The use of a mask is a precautionary measure for multiple respiratory illnesses, including Influenza and the Coronavirus Disease (COVID-19).
- Medical Clinic staff will continue to follow CDC and IDPH guidelines and recommendations regarding the screening, assessment, treatment, and testing of possible patients under investigation (PUIs). Consultation with the Coles County Health Department will occur if a student meets criteria for a PUI.
- Increased marketing and promotions concerning upper-respiratory illness prevention strategies (e.g., hand hygiene) is being implemented through the HCS Health Education Resource Center.
- The university follows the recommendations of the CDC and IDPH.

We continue to work closely with local, state, and national public health organizations regarding the Coronavirus Disease (COVID-19) concern and will take necessary precautions to safeguard the health and wellness of our campus community.

Sincerely,

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