

EAST CENTRAL UNIVERSITY – ADA, OK

COVID-19 (CORONAVIRUS) INFORMATION SHEET

(Updated 3/6/2020)

While the risk remains low in the state of Oklahoma, East Central University is joining the Oklahoma Department of Health (ODH) and Centers for Disease Control and Prevention (CDC) in monitoring the 2019 Novel Coronavirus (COVID-19). While the risk for infection remains low, ECU is taking extra precautions to educate students, faculty and staff on preventative health measures.

The most up-to-date CDC information on COVID-19 is [here](https://www.cdc.gov/coronavirus/2019-ncov/summary.html).

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ABOUT COVID-19

COVID-19 can be spread among people and animals. There is currently no vaccine to prevent the virus and no specific treatment. COVID-19 appears to spread predominantly through coughing and sneezing from infected persons. Individuals in close proximity to such persons, or who contact objects that have been contaminated with the virus, are at risk of illness. The virus enters the body through contact with eyes, nose and mouth. If your hands become contaminated with the virus, and you touch those areas, you are at risk of becoming ill. Flu-like symptoms — including fever, cough, runny nose and difficulty breathing — are thought to appear within two to 14 days after exposure.

To learn more CDC information about COVID-19, go [here](https://www.cdc.gov/coronavirus/2019-ncov/faq.html).

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PREVENTATIVE MEASURES

- Avoid contact with ill persons.
- Cover the nose and mouth when coughing or sneezing with a tissue or elbow (not the uncovered hand).
- Immediately throw used tissues in the trash.
- Do not share food, drink or utensils.
- Wash the hands with soap and water frequently – particularly after sneezing – and/or use an alcohol-based hand gel (at least 60% alcohol).
- Avoid touching your eyes, nose, or mouth.
- Get plenty of sleep.
- Be physically active.
- Drink plenty of fluids and eat nutritious food.
- Manage stress.
- Common areas such as tables, bathrooms, telephones, keyboards and doorknobs should be disinfected frequently.
- 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 others in close settings (at home or in a healthcare facility).

WHAT TO DO IF YOU SUSPECT INFECTION

Anyone who has traveled in the past 14 days and is experiencing symptoms should contact their healthcare provider **before arriving for examination**. It is important that you not walk into a doctor's office unannounced. If a student develops symptoms of COVID-19 while on campus, they are encouraged to contact ECU's Student Health Services. **Again, please call or email first.** If a student is off campus when symptoms develop, we ask them to remain there until they have seen a physician.

ECU Student Health Services: 580-559-5713, healthservices@ecok.edu

UNIVERSITY-RELATED TRAVEL

The CDC has encouraged institutions of higher education to postpone or cancel student foreign exchange programs. Given the global outbreak of COVID-19, students may face unpredictable circumstances, travel restrictions, challenges in returning home, and/or accessing healthcare while abroad. Therefore, ECU is postponing all university-sponsored international travel scheduled for March 2020.

To view the most up-to-date CDC travel notices, go [here](https://wwwnc.cdc.gov/travel/notices).
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