



HEALTH CENTER Granito Bldg. 470 Western Highway, Orangeburg, NY 10962 Phone: (845) 848-7918

Message from Dominican College Director of Student Health

Lynda Chesterman, ANP-BC

March 3, 2020

Please be assured that while there are no known or suspected cases of the 2019 Novel Coronavirus (COVID-19) in Rockland County or the Dominican College community, we are carefully monitoring the situation and are prepared for the possibility of a response should one be needed.

The most important step that we can take as a campus community is to remain focused on prevention.

To reduce your risk of infection:

- Wash your hands often with soap and warm water for at least 20 seconds. If no soap and water is available, then please use a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick and remain home until fever-free for 24 hours without fever-reducing medication.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If no tissue is available, cough or sneeze into your elbow.
- Clean and disinfect frequently touched objects and surfaces.
- Minimize contact with others in classrooms, public settings, and cafeterias.
- Make sure that your influenza vaccinations are current, as co-infection is considered likely to cause more severe disease than COVID-19 or flu alone.
- Those who work in healthcare settings or with animals should be extra cautious and self-aware of any developing symptoms, such as fever, coughing, sneezing, and body aches.

Symptoms

COVID-19 may cause mild to severe respiratory symptoms such as:

- cough
- fever
- trouble breathing



The CDC believes at this time that symptoms may appear in as few as two days or as long as 14 days after exposure to the virus.

Seek Prompt Medical Evaluation

The New York State Department of Health recommends that if you have a fever, cough, or shortness of breath that you call to speak with a health care provider before seeking treatment in person. Students should call the Student Health Center at (845) 848-7918, Monday-Friday, 9 a.m. to 5 p.m.

For general questions, the public may contact the New York State Department of Health (NYSDOH) 2019 Novel Coronavirus hotline at 1-888-364-3065 to speak with a NYSDOH expert who will answer questions, Monday-Sunday 9 a.m. to 6 p.m. After hours, you may leave a voicemail message that will be returned.

Thank you for your attention to this important matter. The health and safety of our students and staff is our top priority.