

March 10, 2020

SENT TO STUDENTS

SENT TO PARENTS

Dear Bisons,

It was great to spend a few minutes with you at The Gathering this morning! I wanted to follow up this morning's talk with additional information. We will continue to send updates and additional information as we have more to share this week.

Last week, you received an email that contained helpful information about Coronavirus COVID-19 and preventive steps you can take to stay healthy. With the expected presence of COVID-19 confirmed in Nashville over the weekend (with a total of three confirmed cases in Tennessee), we wanted to share additional information and reminders that may be helpful during this season.

COVID-19 is not considered community wide-spread meaning there is no evidence of human-to-human transmission here in Nashville. We encourage you to remain calm as there is no reason to panic. Lipscomb University Health Services is taking action to help to keep our population healthy and safe.

Lipscomb University Health Services (LUHS) staff are professionally trained medical personnel who here to serve YOU. As much as we do not desire a situation like this, we have been planning for situations like this and we have a protocol in place for just such an incident. To serve you better, we have increased our supplies and staffing, designated well and sick areas in the clinic and will expand service hours among other items should the need arise. Additionally, ***we have added a nurse triage line (615-347-2663) that you may either call or text with any questions. The nurse triage line is available during normal business hours: Monday to Friday 8 am to 4:30 pm.*** This is a fluid situation and as more information is available we will evaluate and adjust our services based on the needs of the Lipscomb community. In the meantime, here is some additional information that we hope you find useful.

What is Coronavirus COVID-19?

In December 2019, a novel Coronavirus (COVID-19) emerged and quickly spread worldwide. The most frequent symptoms are fever, cough, fatigue and shortness of breath when you first get the virus. Some less frequent symptoms are sore throat, headache and diarrhea. The majority of those affected will have mild (if any) cold symptoms (approximately 80-84% of cases). This virus can cause respiratory distress in some people mostly in the elderly (60+ years) and those with other major chronic health conditions, especially in those with compromised immune systems. Antibiotics do not treat viruses and do not need to be taken. Antibiotics work on bacterial infections and unnecessary usage may cause resistance to antibiotics when they are needed.

How is it spread?

COVID-19 is a respiratory illness that is spread from person-to-person by respiratory droplets mostly by close contacts. The incubation period on average is approximately five days but has also been as short as 2 days and as many as 14 days. Also, as viruses continue to mutate, there may be other ways of transmission that are suspected but unconfirmed, such as fecal-oral transmission.

Why is it being discussed so much in the news?

While coronavirus is a name for a group of viruses that often are circulating (such as the common cold), COVID-19 is new or (novel); therefore, no one had immunity to the virus before its initial outbreak in December 2019, in Wuhan, China. It is unique in its passing from animal to human and then human to human, and in the length of time the respiratory droplets can live on a surface, which appears to be around four times more than the flu virus.

How do we prevent it?

First of all, there is no current vaccination, specific medication, or point of care testing (like flu, strep or mono done rapid testing in the clinic) to prevent the COVID-19 viral illness. But there are a number of steps we all can take to try to prevent any virus such as COVID-19, colds and flu. Below are some additional tips and reminders:

- **Wash your hands often** with soap and water for at least 20 seconds or use alcohol based (60% or more) hand sanitizer if soap and water are not available. There are many songs you can sing to pass the appropriate time like happy birthday song, the “Jolene” chorus or anything else you’d like to choose!
- **Keep hand sanitizer with you** and in other places, possibly in your car.
- **Avoid Handshaking.** Waving is ok. If you must shake hands, wash your hands immediately afterwards.
- **Cover your mouth when you sneeze or cough with a tissue** and then throw that used tissue away and wash your hands. *Sneezing or coughing into your elbow isn’t recommended* as the virus lives on surfaces and could potentially be passed to someone else.
- **Avoid close contact with others who are sick.**
- **Clean and disinfect** frequently touched surfaces and objects like phones and computers.
- **Avoid touching your face** as this virus most commonly passes through mucus membranes such as those in your mouth, nose and eyes. This is why it is NOT recommended that healthy people wear masks as they would be touching their faces more often. If you have longer hair, it is recommended to wear it up or out from your face to decrease your risk of getting the virus by not touching your face as often. It is reported that on average, humans touch their faces approximately 90 times each day.
- **Use your elbow or knuckle to touch buttons** like on an elevator.
- **Use your hip to open doors.**

What do I do if I am sick?

- If you are experiencing severe chest pain and/or tightness, shortness of breath, are using all of your chest muscles to breathe and/or have a blue-toned appearance, call 911 immediately!
- If you are ill, stay home except to get medical care! *If your symptoms are mild and you are NOT having any breathing problems, it is best to stay away from medical facilities as to decrease contamination and provide care for the gravely ill.* Treat your symptoms with over-the-counter medications, stay hydrated and get rest!
- If you currently ill (fever, cough, difficulty breathing, etc.) and were in contact with a laboratory-confirmed COVID-19 person and/or traveled within the past **14** days to one of the areas rated by the CDC as a Level 2 or 3 due to the increased presence of confirmed

COVID-19 cases (currently: China, Italy, Iran, South Korea, and Japan), you must call the clinic prior to your arrival to limit the spread of germs to everyone else. You will be placed in a separate location from other patients.

- If you are sick and symptomatic, you need to wear a mask to reduce the spread of the respiratory droplets from your coughing or sneezing. **If you are not sick, there is no reason to wear a regular mask as it does not filter the air you breathe.** Handwashing, avoiding touching your face, keeping your distance from people who are sick and stopping all vaping and smoking are the best methods of prevention.
- It is important to remember that there are still *many* other viruses that we are seeing right now here on our campus and in the community that could be, and more likely are, the cause of your illness, such as Influenza (A and B), mononucleosis, adenovirus, allergies and colds.

How do we help those who are sick?

Lipscomb is a caring community that wants to help others. During this time, if you have a friend who is ill, it is best to practice social distancing while they recover. Instead of checking on them in person, call, text, or email your ill friends instead. Drop off items outside their door such as food, over-the-counter medication and drinks like water or Gatorade. Wash your hands immediately when departing and avoid touching their door handle. Unless they are seeking transportation to a medical facility, practice social distancing, handwashing, clean common surfaces and avoid touching your face in order to prevent you from becoming ill.

Please do not hesitate to reach out to **Lipscomb University Health Services** or your medical provider with questions you may have. For further information, please see the following websites:

Lipscomb University: <https://www.lipscomb.edu/student-life/health-wellness/coronavirus-covid-19>

Tennessee Department of Health: <https://www.tn.gov/health/cedep/ncov.html>

Center for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/index.html>

World Health Organization (WHO): <https://www.who.int/health-topics/coronavirus>

Sincerely,

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