

Dear Auraria Students, Faculty and Staff,

March 2020

As concerns continue about the Coronavirus (COVID-19) throughout the world, we want to ensure that you are aware of the resources available to you at the Health Center at Auraria (the on-campus Health Center for students, faculty and staff). Please know that our medical staff are staying abreast of the latest developments surrounding the Coronavirus and have access to local community experts who have been helpful in providing informed responses to our questions and inquiries.

Mental Health Assistance for those without COVID-19 Symptoms

If you are experiencing undue stress, anxiety or sense any type of discrimination to your presence on campus, but do not have any symptoms associated with the Coronavirus, we encourage you to call our office to talk to a medical professional or counselor. We are here to serve you and want you to know that you can talk to us about your concerns in a safe and supportive environment. Simply call the Health Center's front desk at 303-615-9999 and indicate that you would like to schedule a "Coronavirus Consultation". There will be no charge for this visit.

Telephone Assessment Services for those with COVID-19 Symptoms

If, on the other hand, you are experiencing any signs or symptoms commonly associated with Coronavirus, such as a fever, cough or shortness of breath and have traveled from China, Iran, Italy or South Korea in the past two weeks, or have been in contact with someone who was in China, Iran, Italy or South Korea in the past two weeks, please call the Health Center at 303-615-9999. Ask the phone receptionist for a return phone call from the Medical Director regarding Coronavirus. The Medical Director or one of his staff will call you, and based on your input, determine the best medical care option for you. There is no charge for this service.

Recommendation from the Centers for Disease Control

The Centers for Disease Control and Prevention (CDC), based in the United States, recommends everyday preventive actions to help prevent the spread of respiratory diseases such as Coronavirus, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze into a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- There is no need to wear a facemask unless you are experiencing signs and symptoms of being sick.
- Wash your hands with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

Our goal is to ensure that you feel supported and that you are aware of how our professional medical staff can assist you, if and when, the need arises.

Sincerely,

Steve Monaco, Director and Dr. Ruben Zorrilla, M.D., Medical Director