

Dear Nursing and Allied Health Students,

The College has received the first notice from one of our clinical partners regarding Coronavirus procedures. The following procedures will be enforced by the College for any clinical locations until such time as deemed safe to discontinue.

If you have traveled, within the past 14 days, to a country that has a Level 3 travel advisory you will need to exercise self-quarantine protocols. Level 3 countries include China, Iran, Italy, and South Korea. If you are experiencing symptoms please telephone your health care provider or the local health department and give them the details of your symptoms and recent travel.

Following the 14 days of self-quarantine, students must be cleared for return by a qualified health care provider, such as a MD, NP, DO, PA, or the Virginia Department of Health. Please be sure to notify your faculty member immediately if any of this applies to you.

**For your guidance, self-quarantine consists of the following:**

Stay home for 14 days from the time you left an area with widespread, ongoing community spread (Level 3 Travel Health Notice countries) and practice social distancing.

Take these steps to monitor your health and practice social distancing:

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
2. Stay home and avoid contact with others. Do not go to work or school for this 14-day period. Discuss your work situation with your employer before returning to work.
3. Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
4. Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
5. Keep your distance from others (about 6 feet or 2 meters).

### **What To Do If You Get Sick**

If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing:

- Seek medical care. Call ahead before you go to a doctor's office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.

If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel to an area with widespread or ongoing community spread of COVID-19.

As future health care professionals, you have a responsibility to protect the patients you are caring for and exercising these procedures will insure this. If you have further questions please contact your faculty members or my office. Stay well, be safe, and protect your loved ones from potential infection.

Sincerely,

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