

# Message to Cisco College Students, Faculty, Staff and Parents,

As you may know, Coronavirus (COVID-19) can be spread easily from person to person. Therefore, we are taking steps to prevent the spread of Coronavirus at Cisco College, but, we need your help to accomplish this.

We are working closely with Eastland County, Taylor County, and the Texas department of Health to monitor Coronavirus conditions and make decisions about the best steps to take concerning our institution. We will keep you updated with any new information as it becomes available.

For now, we are implementing a prevention campaign and the College is operating as usual.

Here are a few things you can do to help with Coronavirus prevention:

- Practice good hand hygiene by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.
- Practice respiratory etiquette by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.
- Know the signs and symptoms of the Coronavirus. A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius. Look for possible signs of fever: if the person feels very warm, has a flushed appearance, or is sweating or shivering.
- Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Don't go to class or work.
- Talk with your health care providers about whether you should be vaccinated for seasonal flu. At this time, there is no vaccine to prevent the Coronavirus. Currently, there is no information from published scientific reports about susceptibility of pregnant women or children to Coronavirus. While there is no published information, pregnant women experience immunologic and physiologic changes which might make them more susceptible to viral respiratory infections, including Coronavirus. There is no evidence that children are more susceptible. People at higher risk for Coronavirus complications include those with chronic medical conditions (such as asthma, heart disease, or diabetes) and the elderly.

If the Coronavirus situation becomes more severe and makes its way into our communities or campuses, we may take the following additional steps to prevent the spread of the virus:

- Allow students, faculty, and staff at higher risk for complications to stay home. These students, faculty, and staff should make this decision in consultation with their health care provider.
- Find ways to increase social distances (the space between people) in classrooms such as moving desks farther apart, leaving empty seats between students, and using distance learning methods.
- Extend the time sick students, faculty, or staff stay home or in their residence. Until the situation with the Coronavirus is contained, sick people should stay home, unless to receive medical treatment, for at least 7 days, even if they feel better sooner. Those who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have gone away. Symptoms of Coronavirus include fever, cough and difficulty breathing. If you are experiencing symptoms, you should seek medical care.
- Suspend classes. This decision will be made together with local and state public health officials. The length of time classes should be suspended will depend on the goal of suspending classes as well as the severity and extent of illness.

For more information about Coronavirus in our community and what our institution is doing, visit <http://www.cisco.edu> or call (254) 442-5034

For the most up-to-date information on Coronavirus, visit ,<https://www.cdc.gov/coronavirus/2019-ncov/index.html> or call 1-800-CDC-INFO (232-4636).