



OFFICE OF THE PRESIDENT

Dear Tougaloo Community:

Tougaloo College is closely monitoring COVID-19 (Coronavirus Disease 2019), which has caused an outbreak in respiratory illnesses throughout several countries, including the United States. The Campus Clinic and the Department of Public Safety are remaining abreast of the evolving situation. The Centers for Disease Control and Prevention (CDC) and the MS State Department of Health (MSDH) are providing frequent updates and advisement.

### **Transmission & Symptoms**

The COVID-19 is a new virus thought to spread from person-to-person and from contact with infected surfaces or objects. An individual may be contagious even when they are asymptomatic. Symptoms may include a fever, cough, and/or shortness of breath within 2 to 14 days following exposure to the virus. Call your doctor or the Campus Clinic, **immediately**, at 601-957-6776, if you are experiencing these symptoms following travel to a state or country with cases of COVID-19 or you were in close contact with someone who has traveled to a state or country with cases of COVID-19. To prevent spread of the virus or other communicable infection, remain in your residence until you receive instruction from your healthcare provider.

### **Prevention**

Though there are no known cases of COVID-19 at Tougaloo College or in Mississippi, all students, faculty, and staff should exercise all precautions to prevent exposure to and the spread of respiratory viruses. The CDC and MSDH recommend the following preventive measures:

- Get a flu vaccine every year.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with 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.
- Wash your hands often 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.
- Use an alcohol-based hand sanitizer or rub that has a minimum of 60% alcohol to wash hands, if soap and water are unavailable.

### **Travel Advisory**

Any individual who may be traveling should be aware of any national and international travel advisories indicating level of risk for the respective travel destination. The CDC recommends travelers avoid all nonessential travel to China and South Korea, which have widespread community transmission of COVID-19. High-risk travelers – older adults and those with chronic medical conditions – should exercise special precautions when traveling to Iran, Italy, and Japan, which have sustained community transmission of COVID-19. Exercise an abundance of caution. For more information on COVID-19 and up-to-date travel advisory information, access the CDC website and the MSDH website.

If you have any concerns or questions regarding COVID-19, please, contact the Campus Clinic at 601-957-6776 to reach Dr. Janice Bacon, Director of Clinical Quality, or Ms. Montoyae Leavy, Nurse Practitioner.

Sincerely,

Carmen J. Walters, Ph.D.  
President