

Be Prepared

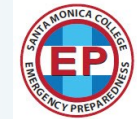
The Santa Monica College Emergency Operations Team is closely monitoring the situation. LA County Public Health will continue assisting **the Centers for Disease Control and Prevention (CDC)** to ensure that travelers from Wuhan, **China** or people connected with a confirmed case that have a fever or respiratory symptoms upon arrival to LAX are appropriately screened, tested and receive care.

Travelers from Wuhan and other places in China who are not ill are provided with information on symptoms and advised to seek care if they become ill while visiting LA County. While there is no cure for this virus, our hospital partners and clinical providers will be able to test and care for ill travelers to minimize transmission and severe illness. Public Health issued a new health advisory informing local healthcare providers in LA County of the current situation on January 27, 2020. The team from the LA County Acute Communicable Disease Control (ACDC) will continue providing updates and working with local healthcare providers as the situation evolves. We continue to take steps to ensure the safety of our community.

Santa Monica College Emergency Preparedness

Additional Resources:

Visit our **Emergency Preparedness Website:**
smc.edu/emergencytrainings
Or our **Student Health Center Website:**
smc.edu/HealthandWellbeing
The LA County Public Health Website:
publichealth.lacounty.gov/media/Coronavirus/
The Centers for Disease Control & Prevention:
cdc.gov/coronavirus



COVID-19 Resource Guide

Santa Monica College Police
Department
1718 Pearl Street
Santa Monica, CA 90405
(310) 434-4300



What You Need to Know about COVID-19

What is the Coronavirus/ COVID-19?

A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold. A diagnosis with coronavirus 229E, NL63, OC43, or HKU1 is not the same as a COVID-19 diagnosis. Patients with COVID-19 are evaluated and cared for differently than patients with common coronavirus diagnosis.

This virus was first detected in Wuhan City, Hubei Province, China. The first infections were linked to a live animal market, but the virus is now spreading from person-to-person. It's important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so. Currently, it's unclear how easily or sustainably this virus is spreading between people. However, it is likely transmitted through person to person contact and exposure through nose, eyes and mouth.

The virus that causes COVID-19 is spreading from person-to-person. Someone who is actively sick with COVID-19 can spread the illness to others. That is why CDC recommends that these patients be isolated either in the hospital or at home (depending on how sick they are) until they are better and no longer pose a risk of infecting others.

Basic Protective Measures Against the New Coronavirus

Wash your hands frequently Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

Basic Protective Measures (cont.)

If you have fever, cough and difficulty breathing, seek medical care early—Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean all "high-touch" surfaces everyday

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.