

Dear Students, Faculty, and Staff:

Today marks one month since my first meeting regarding COVID19 with our local health department. The scenery has changed in ways I could not have imagined. We are all adjusting to a different rhythm in life as we continue to move forward in our studies and work schedules.

A few reminders regarding COVID19.

- Continue to wash your hands frequently for 20 seconds.
- Use hand sanitizer when soap and water are not available.
- Avoid touching your face.
- Use cough etiquette (turn away from others and cough into your elbow).
- Limit exposure to others when possible, stay home unless activity outside your home is essential.
- When leaving your home, practice social distancing of 6 feet between you and others.
- NEW: When leaving your home is necessary, wear a mask or bandana to prevent the spread of COVID19. Here is a link about everyday items that can be used to accomplish this: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- Clean and disinfect surfaces frequently. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
- Call your health care provider or The Wellness Center with any concerns about exposure to or current symptoms of COVID19. These symptoms include fever, cough, fatigue, decreased appetite, muscle aches, shortness of breath.
- It is also the time of year when spring allergies are starting to be a concern. If you have a history of seasonal allergies, begin taking your allergy medication.

We at the Wellness Center are committed to helping our students, faculty and staff during this difficult time. Please feel free to contact us with questions or concerns. We can be reached at 573-592-5361 or by e-mail at [wellnesscenter@westminster-mo.edu](mailto:wellnesscenter@westminster-mo.edu)

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