

COLUMBIA | PREPAREDNESS



What is a coronavirus?

Coronaviruses are a family of viruses that cause mild illness like the common cold to more serious respiratory illness like pneumonia. In December 2019, a new coronavirus was detected, and has now infected thousands of people worldwide. This illness is now called COVID-19 and there is evidence that it is spread from person to person by droplets. Symptoms may show up 2-14 days later.



What are the symptoms of COVID-19?

The symptoms can include fever, cough, a stuffy and runny nose, and having trouble breathing. Most people (80%) with COVID-19 will have a mild form of the illness with cold or flu-like symptoms, but some can become very sick. People who are at most risk for severe illness are the elderly or persons that have other health conditions. Some people will require hospitalization.

How do I stay healthy?

Currently the risk of getting COVID-19 in New York City remains very low. Here are tips on how to stay healthy:

- ✓ Take an annual influenza vaccine (still available).
- ✓ Wash your hands often for at least 20 seconds or use an alcohol-based hand sanitizer.
- ✓ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ✓ Avoid close contact with people who are showing symptoms of illness.
- ✓ Clean and disinfect frequently touched objects and surfaces.
- ✓ Stay home when you are sick.
- ✓ Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands. If you don't have a tissue, cough or sneeze into your elbow, rather than into your hands.



What should I do if I feel ill?

Stay home from work or school. Seek prompt medical evaluation if you have fever, cough, or shortness of breath. If you have symptoms and are concerned: students should call 212-854-7426 for Morningside Medical Services; 212-305-3400 for CUIMC Medical Services. Faculty and staff should call their primary care provider.

What is the University doing to protect the community?

Columbia officials are working closely with the US Health and Human Services, NYC Department of Health, New York State Department of Health, the International Students & Scholars Office, and other key offices to monitor the evolving situation. Columbia is following the guidance of the NYC Department of Health, US Centers for Disease Control and Prevention (CDC), and the World Health Organization (WHO) regarding screening and prevention.



Where can I get more information?

Information can be found on the Columbia University Preparedness Website <https://preparedness.columbia.edu/> as well as the CDC website <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>.

