

CORONAVIRUS UPDATE



MBKU COMMUNITY:

The world health community continues to monitor closely the emergence COVID-19 (commonly known as the Coronavirus). At this time, no one knows how severe this outbreak will be. Given this uncertainty, and the seasonal influenza (flu) virus is also widespread, we are taking proactive steps to address a number of business concerns.

First and foremost, we want to maintain a safe workplace and encourage and adopt practices protecting the health of employees, patients, visitors or others. We ask that all employees cooperate in taking steps to reduce the transmission of communicable diseases in the workplace. Employees are reminded of the following:

TAKE PRECAUTIONS: TRAVELERS WHO ARE SICK SHOULD STAY HOME AND CALL HEALTH CARE PROVIDERS

IF YOU HAVE RECENTLY RETURNED FROM COUNTRIES WITH PERSON TO PERSON TRANSMISSION AND HAVE DEVELOPED FEVER WITH COUGH OR SHORTNESS OF BREATH WITHIN 14 DAYS OF YOUR TRAVEL OR HAVE HAD CONTACT WITH SOMEONE WHO IS SUSPECTED TO HAVE COVID-19, STAY HOME AND CALL YOUR HEALTH CARE PROVIDER IMMEDIATELY. IF YOU DO NOT HAVE A HEALTHCARE PROVIDER OR IF YOU NEED TO BE SEEN AT A HOSPITAL, DO NOT GO DIRECTLY TO THE HOSPITAL. PLEASE CALL THE EMERGENCY ROOM TO GET INSTRUCTIONS BEFORE GOING IN.

STAY HOME WHEN YOU ARE SICK

Stay home from work and try to avoid errands when you are sick. This will help prevent spreading the illness to others. **We ask that your threshold for staying home is lower.**

It is critical that employees do not report to work while they are experiencing respiratory symptoms such as fever, cough, shortness of breath, sore throat, runny or stuffy nose, body aches, headache, chills or fatigue. Currently, the Centers for Disease Control and Prevention (CDC) recommends that employees remain at home until at least 24 hours after they are free of fever (100 degrees F or 37.8 degrees C) or signs of a fever without the use of fever-reducing medications.

Many times, with the best of intentions, employees report to work even though they feel ill. We provide paid sick time and other benefits to compensate employees who are unable to work due to illness. Employees who report to work ill will be sent home in accordance with these health guidelines.

HR CONTACT COMMUNICATION

Please communicate with Chunnor Chan in HR. If she is not available, please contact either Gail Deutsch, Yvette Serrano or Carole Jolly.

DOCTOR DOCUMENTATION

If you call out sick because you are experiencing any of the symptoms identified above or are sent home because you are exhibiting any of the symptoms identified above, you must provide documentation that you are no longer infectious BEFORE you can return to work. If you are diagnosed with the virus and you want to voluntarily tell us, then we can take the necessary steps to protect the rest of the MBKU community if needed. If you are out sick for more than 7 days, HR will contact you regarding a medical leave under FMLA/CFRA.

Managers: please reach out to HR to discuss the appropriate questions to ask your employees if they are showing signs of illness or if they should call out sick with these symptoms.

AVOID CLOSE CONTACT

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

COVER YOUR MOUTH AND NOSE AND PRACTICE COUGH HYGIENE

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by coughing, sneezing or unclean hands.

CLEAN YOUR HANDS

Washing your hands often with soap and water for at least 20 seconds. This will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub that contains at least 60% alcohol. Here is a three-minute video from the CDC about proper hand washing: <https://youtu.be/eZw4Ga3jg3E>

PRACTICE OTHER GOOD HEALTH HABITS

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

***Please avoid touching your eyes, nose and mouth with unwashed hands. | *Please clean and disinfect frequently touched objects and surfaces.**

STAY HYDRATED, EAT WELL, AND BE WELL RESTED

Taking care of yourself to stay healthy is a top priority.

GET A FLU VACCINE

This will not protect you from COVID-19, but it helps you stay healthy and away from urgent care and ER's where sick people will go.

DO NOT SPREAD UNSUBSTANTIATED INFORMATION

Please get your facts from credible sources to minimize fear and stigma.

Lastly, if you are seeing patients, and a patient is ill, they are significantly more likely to have influenza than COVID-19. All of the health precautions remain the same. The difference, however, is that influenza has a vaccine, readily available tests, and anti-viral medications.

QUESTIONS?

As with any health alert, the University is proactively working with campus partners, as well as local and state resources, to monitor the situation and to protect the health and wellbeing of the MBKU community. We will continue to follow guidance, provide updates and adjust strategy when and if recommended.

If you have any questions or additional concerns, please reach out to Dr. Brandon Grove at bgrove@ketchum.edu