

Email to Students and Employees from President Annette Parker

COVID-19 Update: Confirmed Case

March 24, 2020

Dear South Central College Community,

A member of the South Central College campus community has reported that they have been diagnosed with lab confirmed COVID-19 (coronavirus). While the Minnesota Department of Health has determined that the risk of exposure at our college is low, my thoughts are with this individual and my wish for them is a speedy recovery.

I understand that this news may create unease. The safety, security, and health of our faculty, staff, and students is our top priority. To that end, we have followed cleaning procedures recommended by the Centers for Disease Control and are working closely with the Minnesota Department of Health (MDH) for further guidance. It is also MDH's protocol to work directly with those who have tested positive for COVID-19 in order to identify and notify any close contacts.

The most important actions each of us can take to further protect ourselves include:

- Staying home if you are sick
- Washing your hands often with soap and water; covering your cough and sneeze; avoiding touching your eyes, nose, and mouth with unwashed hands
- Practicing self-care by eating a healthy diet and taking time to rest
- Frequently cleaning all commonly touched surfaces
- Avoiding large gatherings

This is our first notification of a confirmed case of COVID-19, and we are thankful to this individual for their self-awareness and reporting their condition to us. As access to diagnostics increases (through clinical diagnosis or laboratory confirmation), so will the number of positive cases – both in the wider community as well as here at SCC. Therefore, we expect that future diagnoses like these will not necessarily result in college-wide communication.

If you feel you are experiencing symptoms of COVID-19, The Minnesota Department of Health recommends:

1. Stay at home for at least 7 days, and for 3 days with no fever and improvement of respiratory symptoms – whichever is longer. (Your fever should be gone for 3 days without using fever-reducing medicine).
2. Use the CDC website on how to [Care For Yourself at Home](#) with COVID-19.
3. If your household contacts were exposed to you while you had symptoms, they should try to stay home as much as possible for 14 days.
 - a. They should closely monitor their health, and if symptoms occur, they must isolate themselves. More guidance on this can be found here: [MDH COVID-19 Basics](#).
 - b. Use the CDC website for [How to Minimize Spread](#).

If you are concerned about your personal health due to symptoms, please contact your medical clinic prior to arriving so they can take the necessary precautions to keep other patients and medical staff safe. There are many resources listed on our [website dedicated to COVID-19](#) with reliable and up to date information.

Again, the well-being of our students, faculty, and staff is our utmost priority and we will continue to share updates as they become available.

Take care,

Dr. Annette Parker
President