

Email to Employees from President Parker

COVID-19 Update: Suspected Case

March 23, 2020

Dear Students,

A South Central College employee has self-reported a suspected case of COVID-19 (coronavirus) that is not confirmed by the Minnesota Department of Health. While the Minnesota Department of Health has informed us that the risk of exposure at our college is low, my thoughts are with this individual and my wish for this employee is a speedy recovery.

I understand that this news creates a lot of unease in our South Central College community. The safety, security, and health of our faculty, staff, and students is our top priority. To that end, we have taken action to further clean and sanitize the college and are working closely with the Minnesota Department of Health for further guidance.

As you know, we can all further protect ourselves and others by:

- 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
- Staying home if you are sick

This is our first notification of a case of suspected COVID-19, and we are thankful to this individual for their self-awareness and reporting their condition to the college. As access to diagnostics increases (both through clinical diagnosis or laboratory confirmation), so will the number of positive cases – both in the wider community as well as here at South Central College. If you feel ill, take care of yourself, seek medical attention, and follow social distancing protocols. In addition, I encourage you to report any COVID-19 health updates to **Judy Endres at 507-389-7200 or deanofstudentaffairs@southcentral.edu**.

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

1. Patient should stay at home until after:
 - a. 3 days (72 hours) from when fever has subsided without the use of fever reducing-medication and an improvement in symptoms like cough or shortness of breath, AND
 - b. 7 days have passed from onset of symptoms
2. Use the CDC website on how to [Care For Yourself at Home](#) with COVID-19.
3. No need to quarantine household or college contacts.
 - a. However, monitor health and limit interactions with the public as much as possible for 14 days and adhere to social distancing
 - b. Use the CDC website for [How to Minimize Spread](#).

This is a challenging time and I know many of you may be feeling stress or anxiety. You can seek support services on our campus by contacting us at **507-389-7200**. In addition, United Healthcare is offering a free emotional support help line for all students through Optum, one of their subsidiary companies. Their 24/7 toll-free helpline number, 866-342-6892, is free of charge and open to any student.

We will get through this together as a community, and assure you that our faculty and staff are dedicated to ensuring our students end the semester successfully.

Take care,

Dr. Annette Parker
President