

Dear QU Community,

Students and faculty will soon be returning to campus from various locations following spring break. Because the health of our campus community is our top priority, we are writing to provide you with some reminders before returning to campus for classes beginning on Monday, March 16, 2020.

We remain in regular communication with the Adams County Health Department and are receiving guidance from them and the Centers for Disease Control and Prevention (CDC), and the Illinois Department of Public Health (IDPH).

As of today, March 11, 2020, there are no cases of COVID-19 (novel coronavirus) on the QU campus or in the region.

In order to keep the campus community updated on this important topic we have created a webpage that will contain all of the updates along with links to resources from the CDC. You can access the site at [www.quincy.edu/coronavirus](http://www.quincy.edu/coronavirus).

Current data for COVID-19 suggests that 80% of infections are mild or asymptomatic (without symptoms), and most of the persons who become ill completely recover within 2 weeks. People of all ages can be infected by COVID-19, but older people, and people with pre-existing medical conditions (such as asthma, diabetes, and heart disease) appear to be more vulnerable to becoming severely ill with the virus.

If you are traveling back to Quincy University from another country, please email Dr. Tracy at [tracych@quincy.edu](mailto:tracych@quincy.edu), and she will advise you according to health department recommendations.

We acknowledge the COVID-19 pandemic raises many concerns, but you should know we will continue to monitor the developments relevant to this situation. QU will adopt best practices to ensure the safety and well-being of our campus community.

**These are the steps that Quincy University is taking to attempt to avoid any illnesses on campus, including COVID-19 infections.**

- At a minimum, weekly update emails will be sent to our community with information from the CDC, Illinois Department of Health, and Adams County Health Department.
- QU will have ongoing communication with the Adams County Health Department.
- At minimum, and for the foreseeable future, there will be weekly meetings of QU's Communicable Disease Task Force to discuss new information. The Task Force will review and revise portions of our plan, should anyone in the QU community become ill.
- At a minimum, weekly meetings of the President's Cabinet will discuss information received from the Communicable Disease Task Force, the NCAA, and public health

professionals. The Cabinet will regularly discuss and evaluate the university's plans for taking care of students, faculty, and staff.

- Dining Services will serve all food to students and employees instead of self-serve. Salads, fruits and cereals will become prepackaged.
- The Facilities team has been and will be taking additional steps to clean and sanitize high-touch surfaces and common areas (i.e., door handles, light switch covers). Facilities will be using cleaning and disinfectant products that have been recommended for use in response to the COVID-19 pandemic.
- Hand sanitizer and disinfectant wipe stations will be available on campus. When new stations are set up, messages will be sent to the campus community regarding their location.

**Please take the time to prepare for COVID-19 in the same way you would prepare for other events that could disrupt your normal routine. Make a plan and discuss these plans with your family and roommates.**

- What would you do if you could not go to work or school because of illness? If you want to come home, will your parents or a family member come to pick you up at campus? What is your family's expectation on communication between them and you when you are sick? Is your insurance accepted at Blessing Hospital or at Quincy Medical Group? Is there a specific doctor you would need to see according to your insurance? Do you have a copy of your insurance card?
- Prevention of COVID-19 is the same as that for other respiratory illnesses, such as the flu. Cover your coughs and sneezes with a tissue or your upper arm/elbow, clean your hands frequently with soap and water, and contain germs by staying home when ill. Do you have tissues or can you get tissues and bring those back to campus or your off-campus residence for your personal use?
- Keep over-the-counter medications in your residence to provide relief from your symptoms. Consult with your doctor and with your family before deciding what over-the-counter medications you should be taking and having on hand, if any.
- Do you have hand sanitizer available in your backpack and disinfectant wipes in your residence that you can use to clean hands and wipe down surfaces? If you do not have these items, can you purchase them once you come back on campus or before returning to campus? The CDC recommends that hand sanitizer should have 60% alcohol.
- Do you have the appropriate cleaning supplies to clean your room or suite? Are those supplies approved by the EPA? Please use this link to ensure that you have those supplies [https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list\\_03-03-2020.pdf](https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf)
- Non-perishable food and beverages can be stored in your residence in the event you become ill and are unable to leave. Do you have some of these items in your room or house? If not, do you want to purchase them and how will you be doing that?

**We want you to know the steps to take should you become ill with any illness, but specifically fever, cough, and shortness of breath and vomiting.**

- Do not return to campus if you are experiencing flu-like symptoms. Contact your health care provider to determine if you need testing and for instructions to care for yourself at home. Contact Dr. Tracy at [tracych@quincy.edu](mailto:tracych@quincy.edu) if you are experiencing any symptoms. She will contact your professors, your athletic trainer/coach, and the health department if need be. Athletic participation will be determined by the sports medicine team and they will contact you directly.
- Should you become ill while on campus, (i.e. vomiting or fever) please contact Dr. Tracy at [tracych@quincy.edu](mailto:tracych@quincy.edu) before going to class. Dr. Tracy will contact professors and your athletic trainer/coach. Athletic participation will be determined by the sports medicine team and they will contact you directly. You will need to stay home until you have no fever or have not been vomiting for at least 24 hours without the use of fever-reducing medications or anti-nausea medicines.
- If you aren't feeling well please go to the Health and Well-Being Clinic on campus. The clinic hours are:
  - Monday: 1:00 p.m.-5:00 p.m.
  - Tuesday: 8:30 a.m.-12:30 p.m.
  - Thursday: 12:00 p.m.-4:00 p.m.We will assist any student who requests help in getting medical attention outside these hours.

**These are the steps recommended by the CDC to avoid infectious illnesses, including COVID-19 infections:**

- Wash hands: Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Hand sanitizer: If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Avoid touching: Avoid touching your eyes, nose, and mouth with unwashed hands.
- Sneezing or Coughing: Cover your mouth and nose when sneezing or coughing and either sneeze or cough in a tissue and then throw it away or sneeze or cough into your elbow.

As new information becomes available regarding the COVID-19 pandemic, we will make sure you receive that information. You should not rely on rumors or second-hand information when making decisions about your health and safety.

Thank you for your patience and good humor as we continue to work and learn together for the remainder of this unusual semester. Even in these times of uncertainty, it's always a great day to be a Hawk.

Sincerely,

Dr. Brian McGee, President

Dr. Christine Tracy, Vice President for Student Development