Coronavirus (COVID-19) is a respiratory illness caused by a novel (new) virus, and we are learning more about it every day. There is currently no vaccine to protect against COVID-19. At this point, the best way to prevent infection is to avoid being exposed to the virus that causes it.

The University is recommending the practice of social distancing to limit the spread of COVID-19. Help reduce risk of illness by avoiding gathering socially or not attending large group events. Do your best to keep 6 feet between yourself and others. All community members are expected to adhere to this guidance.

What steps has the University taken to encourage social distancing?

- Undergraduate students have been instructed to leave campus. As of Thursday, March 19th, all undergraduates remaining must have filed for and received permission to stay on campus from University leadership. Only those meeting strict criteria will remain on campus.
- Graduate students have been encouraged to leave. Keep in mind, that for many graduate students, on and off campus apartments may be their primary household.
- Human Resources is strongly encouraging managers to allow employees to work from home, when appropriate.
- Large meetings and events have been cancelled.
- Campus Dining is operating only at Whitman College and Proctor Hall; service hours at retail units are significantly reduced.
- Athletic events have been cancelled for the spring semester.
- All efforts are being made to facilitate activities virtually, rather than in-person.

What can you do to reduce the spread of coronavirus?

- Stay home when you are sick. Consult your healthcare provider for instructions.
- If you begin to feel ill at work, inform your supervisor and leave as soon as possible. Call ahead to your healthcare provider and seek medical advice.
- Contact Occupational Health at 609 258 -5035 (option 3), or email occhealth@princeton.edu if you:
  - are instructed to self-quarantine by health officials
  - have symptoms and have been tested for COVID-19
  - you have been tested and confirmed to have COVID-19
  - are a close contact of someone, such as a family member, who is sick and has been tested for COVID-19
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your cough or sneeze with a tissue. Then throw the tissue in the trash and disinfect your hands.
- Clean and disinfect frequently touched objects and surfaces.
I have an underlying chronic health condition. What should I do?

Studies have shown that some people are at higher risk of getting very sick from this illness. This includes: older adults; people who have serious chronic medical conditions such as heart disease, diabetes, lung disease.

Consult with your health care provider for advice and more information about monitoring your health for symptoms suggestive of COVID-19.

My coworker’s husband was diagnosed with COVID-19. Should I stay home because I have been in contact with my co-worker, who isn’t ill?

Being a secondary contact does not require you to self-quarantine or stay home.

In this case, the co-worker’s husband will be isolated until cleared by a physician. Your co-worker who is not ill will be directed by the local health department or a healthcare provider to self-quarantine. You don’t need to stay home unless you develop symptoms.

You may be hearing the terms “close contact”, quarantine or isolation. What do they mean?

Close contact is defined as: a) being within approximately 6 feet of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case; OR b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on).

While both isolation and quarantine refer to methods of preventing the spread of illness, they do not mean the same thing.

- **Isolation** refers to separating people who are sick from those who are not sick.
- **Quarantine** refers to separating people who are, or may have been, exposed to a pathogen, but are not showing signs of illness. Quarantine is used to make sure individuals are not contagious by minimizing contact with people who were not exposed during an illness’ incubation period — the time it takes for symptoms to emerge.

Where will the University house students suspected or confirmed to be ill with COVID-19?

Students who are suspected or confirmed to have COVID-19 illness will be isolated from the University community to prevent spread of the disease.

If bed space is not available at McCosh Health, these ill students may be placed in other buildings, which could include Palmer House and other unoccupied housing units. Buildings used for isolation of sick students will be identified in Maximo and entryways will be labeled directing staff to contact EHS prior to entry.

A response team, consisting of staff and leadership from GBM, Site Protection, Housing and Building Services will be trained on how to safely enter these isolation areas.

Medical Questions, email communityhealth@princeton.edu
General questions: email response@princeton.edu