

Hello NMC Community,

As the number of coronavirus disease (COVID-19) cases internationally and across the United States continues to grow, Nebraska Methodist College has been working diligently to prepare. According to the Centers for Disease Control and Prevention (CDC), the risk to the public in the United States is considered low at this time. However, I want to reassure you that together with the Methodist Health System (MHS), we at NMC are monitoring this virus.

As always, the health and safety of our students, faculty and staff is a top concern. Please utilize the health stations set up across campus that include tissues, hand sanitizer, and disinfecting wipes and follow CDC-recommended hand and respiratory hygiene advice.

Moreover, Spring Break is upon us and for some students and employees that means travel. During Spring Break, we ask that students, faculty, and staff practice preventative measures and continue to monitor your NMC email. It is our official communication for sharing important updates and information related to the health of our campus and we want everyone to remain informed.

IMPORTANT NOTICE EMPLOYEES: MHS HR has issued mandatory disclosure for **travel outside the continental United States or travel by cruise ship** for employees before returning to the work place. An email from MHS HR was sent to all employees earlier today on the travel disclosure process. Contact your supervisor if you have questions.

IMPORTANT NOTICE STUDENTS: NMC is also mandating all on campus students and any online students currently in a clinical rotation **disclose their travel outside the continental United States or travel by cruise ship** before returning to class or clinical. A follow-up email outlining the travel disclosure process for students will be sent via email.

Again, I ask all members of our campus community to remain focused on prevention.

- **Frequent and thorough handwashing for at least 20 seconds.**
- **Use of hand sanitizer if soap and water is not immediately available.**
- **Avoid touching your eyes, nose, and mouth.**
- **Cover your mouth and nose with a tissue when you cough or sneeze; if you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.**
- **Avoid close contact with people who are sick.**
- **Clean and disinfect frequently touched objects, electronic devices, and surfaces;**
- **Stay informed.** The [CDC website](#) offers the most up-to-date information on the spread of the coronavirus. The MHS Intranet is also a good source of localized information about health system preparedness.
- **Stay home if you are sick.** If you exhibit flu-like symptoms, please avoid going to class or coming to work. Students, faculty and staff with flu-like symptoms should call Campus Health at 402-354-7211 or contact your healthcare provider.
- **Experiencing Coronavirus anxiety?** Follow these steps: take a break from the news, talk to someone, try to be present in the moment, remind yourself what you can control, practice gratitude, and finally reach out for help. Students may contact Campus Counseling at 402-354-7080 or resources and services are also available to students and NMC employees through Best Care EAP/SAP 24/7/365. Call 800-801-4182 or 402-354-8000 to speak with a counselor.

Be well and be safe NMC!

Deb Carlson
President & CEO
Nebraska Methodist College