

Hello NMC Students,

The outbreak of the 2019-novel Coronavirus (COVID-19) is evolving quickly; what we know about the outbreak changes daily. Symptoms are similar to the flu or common cold and include fever and cough. Work continues across the health system on a number of initiatives related to Coronavirus (COVID-19) and Nebraska Methodist College is taking necessary steps to mitigate risks to students, faculty, staff and community.

The following guidelines are effective immediately to protect our faculty, staff, students and the community.

- Students who are planning to travel outside the continental United States (including to destinations like Canada and Mexico), travel by cruise ship (regardless of ports/destinations), or travel by air within the continental United States **must notify** their Program Director in advance or as soon as possible upon return.
- Students are strongly encouraged to consult the CDC website [CDC website](https://www.cdc.gov) to learn what the status of their destination is regarding the Coronavirus.
- Upon return from traveling, students **will be required** to contact Campus Health via phone to be screened. The screening information will be reviewed by one of MHS Infectious Disease practitioners to determine if the students can return to class/clinical or must self-quarantine for a period of 14 days.
- » **Prior to returning to class/clinical**, please call 402-354-7211. The screen takes about 10 minutes over the phone. **Please do not report in person to Campus Health or your class on before you have been cleared to return by Campus Health.** Campus Health is open from 8:00am to 4:00pm, Monday through Friday.
 - » Your program director and you will be notified by Campus Health within two business days as to whether you must self-quarantine or may return to class/clinical.
 - » If you are self-quarantined, will need to contact your faculty or preceptor about class/clinical absence.
 - » If you have signs and symptoms of exposure to the Coronavirus, Campus Health and MHS team of Infectious Disease experts will guide you for care. Symptoms include fever, shortness of breath, cough, and flu-like symptoms.
 - » Students should only seek emergency care if they have acute respiratory distress symptoms such as severe shortness of breath, labored or unusually rapid breathing, low blood pressure and confusion or extreme tiredness.

If you believe you've been exposed to the Coronavirus or have symptoms (shortness of breath, flu like symptoms, fever, cough), please call Campus Health for a screening.

If you are feeling ill, DO NOT ATTEND ON CAMPUS CLASSES OR CLINICAL. It is your responsibility to communicate with your faculty member, Program Director, and preceptor prior to your absence and as appropriate thereafter. Please do not risk your health and safety or that of your classmates, faculty, staff, and patients if you are sick. Stay home and contact Campus Health or your health care provider by phone.

Be well and be safe NMC!



Deb Carlson
President & CEO
Nebraska Methodist College