

March 9, 2020

Hello TRIO SSS students, Upward Bound students, parents and guardians and NMC staff,

The outbreak of the 2019-novel Coronavirus (COVID-19) is evolving quickly and what we know about the outbreak changes daily. In an effort to mitigate risk to students, families, and staff, NMC is cancelling all non-essential travel by air at this time. Unfortunately, this resulted in NMC having to cancel the TRIO SSS and Upward Bound trip to Washington D.C. We apologize for any inconvenience and disappointment this may cause, but understand these preventative measures taken out of an abundance of caution.

Symptoms of Coronavirus (COVID-19) are similar to the flu or common cold and include fever and cough. Work continues across the Methodist health system on a number of initiatives related to Coronavirus (COVID-19), and likewise, Nebraska Methodist College is taking necessary steps to mitigate risks to students, faculty, staff and community.

Again, I urge our 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](https://www.cdc.gov) offers the most up-to-date information on the spread of the coronavirus.
- **Stay home if you are sick.** If you exhibit cold or flu-like symptoms, please avoid going to class, after school activities, or work. If you are experiencing cold or flu-like symptoms call your healthcare provider.

Be well and be safe!



Deb Carlson
President & CEO
Nebraska Methodist College