

Meredith community,

Meredith officials continue to work closely with the state health department and stay up-to-date on the latest CDC guidelines regarding Coronavirus (2019-nCoV). As with most public health threats, information evolves and emerges rapidly. Since our last advisory on 1/29/20 there have been several new developments in the United States, including the first confirmed report of person-to-person spread of the illness and a new “do not travel” to China advisory issued by the U.S. State Department. Several major airlines have canceled all flights into and out of China, including Delta, United, and American Airlines.

This Meredith advisory includes new precautions and resources we are asking everyone to observe to help ensure the safety of the Meredith community.

Travelers from China to the Meredith campus

In keeping with [CDC recommendations](#), we ask anyone arriving on campus from mainland China to self-monitor their health for any changes until 14 days have passed since their departure from China. This self-monitoring includes daily temperature taking for individuals without symptoms. Anyone returning from China with fever and cough, sore throat or shortness of breath within 14 days of departure from China should contact their doctor’s office and advise them of recent travel and symptoms.

Coronavirus Response web page

We have set up a coronavirus response web page on [Meredith.edu](#) with links to information and guidance. Please check this page [meredith.edu/health-services/coronavirus-information](#) to ensure you have the latest information about Meredith’s response during this rapidly evolving situation.

Illness Prevention Tips

We strongly encourage members of the Meredith community to get a flu shot, if you have not already done so. While a flu shot does not offer protection for the coronavirus, U.S. health officials are concerned about the spread of influenza this season.

In addition to receiving your flu vaccine, we encourage you to follow CDC guidelines for flu and illness prevention:

- Avoid close contact.
- Stay home when you are sick.
- Cover your mouth and nose.
- Clean your hands.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits - get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- Wash your hands! If you cannot wash hands, then use hand sanitizer, especially in the dining hall after you set your tray down, use a little hand sanitizer after touching serving utensils used by others.

- If you cough, try coughing into your bent arm/elbow to avoid coughing in your hand/fist. This will lessen the transmission of germs on items that you touch, like door knobs/handles.

Thank you for your attention to the information in this message.

Kristi Eaves McLennan
On behalf of Meredith's Incident Response Team