

Dear Meredith Students,

The College's Incident Response Team has been actively monitoring the ongoing situation involving coronavirus or COVID-19. We remain focused on the health, safety, and well-being of all members of the Meredith community.

As of the afternoon of Wednesday, March 11, 2020, at least 1,088 people in 40 states and Washington, D.C., have tested positive for coronavirus, and at least 31 patients with the virus have died. In North Carolina, Governor Cooper has declared a state of emergency, there are seven confirmed cases, and patients are doing well. Areas of concern for potential community spread of COVID-19, at present, include China, Italy, Iran, South Korea, and Japan. Special consideration is also being given to those with [recent cruise travel](#) from any location and areas where there is known community spread such as the Seattle area.

There are no COVID-19 cases at Meredith. At this time, the immediate risk to Meredith's campus remains low. It is our intention to remain open and continue face-to-face instruction. We are in communication with the Wake County Health Department and following guidance issued by the [CDC for Institutions for Higher Education \(IHE\)](#).

As we return from spring break, we ask you to review the College's guidance below to help keep our campus healthy.

Guidance on Returning to Campus After Traveling

- If you are returning from an area of concern, monitor your health for any changes including onset of fever, shortness of breath, or dry cough for 14 days. Self-isolate if [symptoms](#) such as fever, dry cough, or shortness of breath occur.
- If you have returned from an area of concern or have had contact with an individual with a known positive COVID-19 test and have symptoms, call Meredith's Student Health Center at (919) 760-8539, Monday-Friday 8:30 a.m. - 4:30 p.m. for additional screening. If it is outside of normal business hours, you can contact the Wake County Health Department at (919) 250-4462 and then notify the Student Health Center the next business day. Do not go out in public until you have spoken to either a health care provider or the health department.
- If you have trouble physically returning to campus, please notify your professors and the Dean of Students office at (919) 760-8521 or deanofstudents@meredith.edu.

Future Travel

The College is already evaluating and in some cases restricting college-affiliated, non-essential travel. Personal travel to areas of known community spread is discouraged. Stay informed and monitor travel advisories related to the outbreak of COVID-19. It is important to independently review information about COVID-19 and to ask your own health care provider about concerns or questions you may have in order to make an individual decision about whether to travel at this time. This is a rapidly evolving situation, and some areas may implement new entry and exit control measures with very little notice. These actions could severely impact your plans, budgets, and/or delay your return to campus.

Again, the risk of becoming infected with COVID-19 in North Carolina remains low. There are measures that you can and should take to remain healthy such as practicing proper hand hygiene. In keeping with CDC guidelines, we encourage everyone to continue to take the following [preventative steps](#) to keep themselves and our community well:

- stay home if you are ill and notify your supervisor if you are out of work because of illness,
- disinfect surfaces that are frequently touched,
- avoid touching your eyes, nose and mouth,
- cover your mouth and nose when you cough and sneeze with a bent elbow,
- practice other good health habits - get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food,
- discard used tissues after a single use in a closed container, and
- wash your hands frequently, for at least 20 seconds, with soap and water. If you cannot wash hands, then use an alcohol based hand sanitizer. [The CDC provides a tutorial video on proper hand-washing techniques.](#)

We continue to add new information related to COVID-19 to our [Coronavirus Updates webpage](#), so please check the site for additional resources.

Be well,

Jo Allen, '80
President