

Wellness Center Update: Westminster Compliant with CDC Recommendations*Original post: Fri 2/28/2020 at 8:47 AM*

Dear Westminster Community,

As you know, the U.S. Department of State and the Centers for Disease Control and Prevention (CDC) have issued alerts regarding the Coronavirus Disease 2019 (COVID-19) outbreak. While there are no reported cases of COVID-19 in the state of Missouri or in connection with Westminster College, please know that the College continues to closely monitor the situation.

The Wellness Center and Office of Student Life are regularly discussing guidelines and implementing all recommendations made by government and public health agencies, including the CDC, the U.S. Department of State, the Missouri Department of Health and Senior Services and the Callaway County Health Department.

About COVID-19

For most, COVID-19 causes only mild illness. However, it can be fatal for older people and those with preexisting medical conditions. Below, you'll find resources and information about COVID-19 as well as any communications that have been sent to Westminster regarding the outbreak.

The CDC and other experts recommend the following for preventing the spread of respiratory diseases such as COVID-19:

- Avoid close contact with people who are sick.
- Cover your cough with your flexed elbow, or sneeze with a tissue, and then throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.
- Use common sense and move away from anyone who is coughing.
- Obtain the flu vaccine if you have not already been immunized.

Click [here](#) for the latest information from the CDC on COVID-19.

Click [here](#) for the latest from the Missouri Department of Health and Senior Services.

Again, rest assured that the College is following worldwide and state recommendations concerning COVID-19. Please feel free to reach out to the Wellness Center, located in the basement of Westminster Hall, with questions or concerns you may have about COVID-19 or any other health-related issues. Simply call our office at 592-5361, or stop in during regular business hours, Monday through Friday, 8 a.m. to 5 p.m.

As always, the Wellness Center wishes you a healthy, happy semester!