

LMU's overall plan has been designed to provide a structure and basis for specific and varied recommendations which may be necessary in some areas of institutional operations as we plan for a response to a coronavirus or other disease outbreak. Individual departments and functions will be designing their more specific plans within the umbrella of the University's overall plan. The University's plan is based upon CDC, WHO, and health department recommendations in the context of available resources and considers impacts upon a variety of activities, including, but not limited to, academic programs, resident life and housing, domestic and international travel, business and financial operations and continuity, risk management, counseling and student services, human resources, financial aid and public relations/information in addition to medical care, and quarantine. In all cases, it is advisable to remain calm, rely on up-to-date information from reliable sources, beware of fake emails and product sellers and communications related to coronavirus, and use well-known tried-and-true personal hygiene mechanisms to minimize risk of disease transmission.

FAQs about Coronavirus

1. What are the symptoms of Coronavirus and other flu-like illness?

- Fever
- Shortness of breath
- Rapid breathing
- Cough
- Chest pain or pressure
- Loss of taste or smell – *updated 8/24/2020*

2. How does Coronavirus (COVID-19) spread?

It is a new disease, and we are still learning about how it spreads, the type and severity of illness it may cause, and to what extent it may spread, within and outside the USA.

We know at this point that the virus spreads mainly via person-to-person contact, especially those in close contact (within about six feet) through respiratory droplets produced when an infected person sneezes or coughs.

It has also been recently determined that the virus can aerosolize, meaning it can stay in the air for a period of time and may not immediately fall to the ground with droplets (such as sneezing or coughing) – *updated 8/24/2020*

3. Can the virus be spread by someone who's not "sick"?

People are likely most contagious when they are the most symptomatic (sickest) but some disease transmission could occur before people are symptomatic – people typically become symptomatic within 2-14 days of exposure to the virus.

4. What is the risk of getting Coronavirus?
 - The risk is low to moderate, but may be increased if persons live in or have traveled to locations where there is a higher concentration of people who have contracted and become sick with the virus. – *updated 8/24/2020*
 - People who have completed quarantine or been released from isolation do not pose a risk of infection to other persons.
5. What should I do if I have flu-like symptoms?
 - Stay at home and away from other people until at least 24 hours after they no longer have a fever (100 degrees Fahrenheit/38 degrees Celsius in most persons) or signs of a fever (chills, sweating, “flushed” skin, feel very warm) without the effect of fever reducing medications such as acetaminophen or ibuprofen. – *updated 8/24/2020*
6. What if symptoms become more severe or prolonged?
 - Seek medical care if illness progresses beyond cough, fever and body aches or lasts longer than 7-10 days. – *updated 8/24/2020*
7. What can be done to minimize risk of contracting Coronavirus or other flu-like virus?
 - Remain at home if you are ill.
 - Frequently wipe down, preferably with disposable wipes, commonly touched surfaces such as countertops, door knobs or handles, light switches, elevator controls, tables, chairs, desks, keyboards, sofas, phones touch pads, computer surfaces, etc.
 - Avoid sharing eating or drinking utensils, laundry, and towels; also avoid contact with eyes, nose, mouth and unwashed hands.
 - Disinfect packages received by mail, UPS, and other sources.
 - Cover mouth/nose when coughing or sneezing with tissue, then discard tissue immediately.
 - Wash hands often with soap and water for at least 20 seconds (esp. after blowing nose, coughing or sneezing, toileting and before eating or preparing food) or use alcohol solution of at least 60% alcohol.
 - Wear a mask that covers the face and nose when in a public environment. – *updated 8/24/2020*
 - Stay 6 or more feet away from other people while in a public environment. – *updated 8/20/2020*
8. Should I get tested?
 - The CDC does not recommend testing for anyone without known exposure or symptoms
 - Testing should be reserved for individuals who have fever, cough, shortness of breath, and/or loss of taste or smell.
 - Individuals with a known high risk exposure should consider getting tested.
 - Some return to work or class protocols include testing, consult the policies and procedures for more information.

9. Where should I get tested?

- Tennessee residents and campus residents are encouraged to seek testing at the TN Health Department in Tazewell, TN (423) 626-4291
- Urgent cares and primary care offices may offer testing.
- If you have a medical emergency please go to the emergency department.

10. What about students in residence halls? – *updated 8/24/2020*

- Campus residents should follow physical distancing, signage and mask guidelines while in the residence halls
- During COVID 19 season, guests are temporarily prohibited from residence halls
- Campus residents exposed to COVID 19 should notify residence life and quarantine in their room and wait for further instructions.
- Residents who contract COVID 19 or have symptoms of COVID 19 should notify residence life and remain in their room in isolation and await further instructions.
- Residents in isolation or quarantine will be cared for by residence life. Meals will be provided and instructions on how to access health care or mental health services will be provided.
- Residents in shared spaces will be temporarily relocated to a private room.

11. What about people at higher than usual risk of complications from Coronavirus and other flu-like illness?

- Consult your health care provider as soon as possible to discuss your specific situation.
- High risk groups include children under age 5-years, or adults over age 65, children and adolescents on long term aspirin therapy, pregnant women, children and adults with asthma or chronic pulmonary, cardiovascular, liver, hematologic, neurologic or neuromuscular, or metabolic diseases, all persons who have immunosuppression from disease, medication or other factors.

12. What's the treatment for Coronavirus?

There is no specific vaccine or antiviral treatment for the new Coronavirus at this time. Persons with the virus should receive supportive care (including proper hydration and nutrition) and appropriate isolation and rest to help relieve symptoms. For severe cases or those who are immunocompromised, additional treatment aimed at support of vital and other organ functions may be needed.

13. If I have flu-like symptoms or have traveled recently to an area with Coronavirus, what testing can/should I have done?

- Students can obtain screening for influenza at the Health Center, faculty and staff should do so via their medical provider of choice.
- Anyone who has not received flu vaccine this year should consider getting it.
- The University is not conducting COVID-19 testing at this time. Individual seeking testing should consult the TN Health Department at (423) 626-4291 or their personal health care provider. For more information on testing locations please visit <https://www.tn.gov/health/cedep/ncov.html> – updated 8/24/2020

14. How do I know where to avoid travel, especially international?

Travel advisories can be found (and are updated often) on the CDC website <https://www.cdc.gov/coronavirus/2019-ncov/travelers/from-other-countries.html> - Updated 8/24/2020

International travelers are urged to check CDC website for up-to-date recommendations and to take proof of medical insurance with them, along with an adequate supply of needed prescription and nonprescription medications (in clearly labelled containers for prescriptions) and to allow for possible unforeseen interruptions in travel and possible quarantine.