March 5, 2020

Dear Campus Community,

Millersville University Health Services would like to remind the MU Campus about how we can all best prevent respiratory infections during this winter’s cold and flu season. MU Health Services has been seeing a higher than usual number of cold, cough and flu cases this season. This, along with the emerging Coronavirus (COVID-19) concern, makes it a good time to review basic respiratory infection prevention tips as endorsed by the Centers for Disease Control and Prevention (CDC) and other major health organizations including the American College Health Association.

1. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
2. Avoid touching your eyes, nose, and mouth with unwashed hands.
3. Avoid close contact with people who are sick.
4. Stay home when you are sick.
5. Cover your mouth when you cough or sneeze with a tissue, then throw the tissue in the trash.
6. Clean and disinfect frequently touched objects and surfaces.
7. Get a flu vaccine. The Flu Vaccine is still available - students can stop in any time at Health Services to receive a free flu shot.

Along with these basic tips, we would also recommend that you consider, in the event that you are experiencing fever and cough, to wear a respiratory droplet mask when you are in public places. As always, we recommend that you schedule an appointment with us at the Witmer Building if you would like to be evaluated for any health concerns. Our phone number is 717-871-5250. MU Health Services is available for all registered students of Millersville University.

This message, along with all others issued by the University on CoronaVirus, will be posted on the Millersville News blog. Check back regularly for updates.

Thanks,

Tim Weaver, M.D.  Supervising Physician
Lauren Blevins, CRNP Nurse Practitioner
Joanne Ocasio, RN     Nursing Supervisor

Millersville University Health Services
Witmer Building