

Frequently Asked Questions about Prevention and Well-being

How can I help prevent illness?

Prevention measures are like those utilized against the common cold and flu, which are currently circulating in high numbers in California.

- **Get a flu shot.** We strongly recommend that everyone obtain seasonal flu vaccination. While it will not prevent COVID-19, influenza is currently in widespread circulation in California, and initial symptoms are like novel coronavirus. Any illness right now can increase anxiety and concerns.
- **Self-isolate.** Stay home when sick. Don't wait until you are too sick to get out of bed. Trying to "tough-it-out" and come to school when you are not well is not a good plan.
- **Wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- **Avoid touching** your eyes, nose and mouth with unwashed hands.
- **Cover your cough.** If you use a tissue, throw it away and wash your hands. Try to avoid coughing or sneezing into the air. Simply covering up is a huge benefit to all (you can use your elbow/sleeve).
- **Don't share** food and drinks.
- **Clean and disinfect** shared surfaces and objects touched frequently (e.g., door knobs, desks, phones).
- **Avoid close contact** with anyone with cold or flu-like symptoms.
- **Know your provider.** Figure out who your health provider is AND how you will contact them if you need further assistance. Remember you can also call the 24-hour Nurseline at 877-856-8163 if you need to.
- If you feel you need to go to the doctor, urgent care or hospital emergency room, MCU advises that you **call ahead** for any specific instructions and to let them know you are coming and your symptoms.

Should I wear a mask?

MCU concurs with CDC recommendations to not use surgical masks if you are well. Those who are ill should consult a healthcare provider about using a surgical mask to reduce the spread of their illness.

Where else can I get information?

- More up-to-date information is available at the Los Angeles Department of Public Health website at <http://www.publichealth.lacounty.gov/media/Coronavirus>, and we ask that you check this site regularly.
- 24-hour Nurseline (free for all students) – Call 877-856-8163
- Student Health Insurance Plan – Visit SHIP website or call 877-246-6997
- Student Wellness Center - (310) 303-7244 or After Hours (310) 303-7372. Please do not send sick students to the SWC. Have them call instead and avoid contact with others.
- SAMHSA's Distress Helpline (related to any natural or human-caused disaster) is accessible 24/7 at 1-800-985-5990 or via text (send TALKWITHUS to 66746; Press 2 for Spanish).