

Dear Students and Parents,

I would like to update you on the latest information about the coronavirus (COVID-19).

**What is MCU doing to keep us safe?**

The Student Wellness Center director and coordinator are on weekly telebriefings with the Los Angeles Department of Public Health and monitor the Centers for Disease Control (CDC) website daily. We have checked all reported cases of illness that have been reported to us and will continue to monitor as needed. If we have a suspected case of coronavirus, we will immediately contact the Department of Public Health for assistance and work closely with them on next steps and communication needs. We are sending weekly coronavirus updates via Mariner News, so look out for those.

**Coronavirus Update**

The Department of Public Health recommends the following:

1) Stay home when sick. Don't wait until you are too sick to get out of bed to stay home.

\*The Student Wellness Center recommends you notify your professor via email or a phone call that you will be out due to illness. Do not go to class if you are ill. It is YOUR responsibility to notify your professors of any absences. Review your course syllabi and my.marymount for important policies and upcoming dates and arrange (if possible) make-up assignments/exams. If you are working with Laura Niemiec, coordinator of disability resources, contact her at [LNiemiec@MarymountCalifornia.edu](mailto:LNiemiec@MarymountCalifornia.edu) or call (310) 303-7367 so that she can facilitate communication with your professors.

2) Wash hands FREQUENTLY with soap and water for at least 20 seconds.

3) Cover your cough. if you use a tissue, discard it and wash your hands. Or, you can use your elbow/sleeve.

4) Get vaccinated for the flu.

5) Figure out who your health provider is AND how you will contact them if you need any further assistance. Remember to use the 24-hour Nurseline as a resource. Call (877) 856-8163.

6) Monitor the Department of Public Health website for more up-to-date information.

**Additional Resources**

Los Angeles Department of Public Health (<http://publichealth.lacounty.gov/media/Coronavirus/>)

Preparing for a pandemic (<https://www.ready.gov/pandemic>)

How to cope with stress during an outbreak

(<http://www.publichealth.lacounty.gov/media/Coronavirus/CommunicableDisease-StrategiesForCoping.pdf>)

Travel advice (<https://wwwnc.cdc.gov/travel>)



Please contact the Student Wellness Center if you have any questions at (310) 303-7244. Continue to monitor the MCU website (<https://www.marymountcalifornia.edu/campus-services/student-wellness-center/coronavirus-update/>) for more up-to-date information or visit the Department of Public Health website (<http://www.ph.lacounty.gov/media/Coronavirus/>).

Take care and stay healthy!

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