

## **COVID-19 Updates for Students**

March 20, 2020

### **Important Update in Response to Governor Newsom's Stay-at-Home Order**

Governor Newsom's stay-at-home order was announced Thursday evening, March 19, 2020. Our University leadership is preparing plans to ensure students are provided essential services. Additional information about these decisions will be communicated shortly.

#### **University Academic Update:**

Classes are still in session and have been moved online. Courses for Spring 2020 have been moved online until further notice. For those who are registering for classes, registration is open. The registration deadline WITHOUT a late fee is March 26, 2020. LATE REGISTRATION begins March 27-April 6, 2020. Confirm with your School Administration for School specific classes that are currently in session and registration deadlines.

#### **LLU Campus Updates:**

- Drayson Center facilities are now closed and will reopen when deemed safe.
- Residence Halls will remain open, with isolation rooms available if necessary.
- The Library is closed until further notice.
- Food is available at the Councilor's Student Pavilion Cafeteria as of March 20, 2020. Please enter through the door on the east side of the building. The cafeteria will be open Saturday (12:30-1:30pm) and Sunday (12:00-1:00pm). Surfaces are wiped down every hour, but social distancing should still be observed.

#### **COVID-19 Updates:**

If you believe you have been exposed to or are experiencing symptoms related to COVID-19, contact Student Health Service.

- o Contact Student Health Service at (909) 558-8770, press option #4 (make an appt. with physician or nurse). You will get a live person and they will take you through a questionnaire.
- o The Student Health Service office is located: 24785 Stewart Street, Evans Hall, Suite 111, Loma Linda, CA 92354. **NOTE:** Call Student Health Service before going to the office.

- o Clinic Hours: Monday – Thursday 8:00am – 12:00pm and 1:00pm – 5:00 pm/Fridays 8:00am – 1:00pm
- o Walk-in Times: Monday – Thursday 8:00am – 11:30am and 1:00pm – 4:30pm/Fridays 8:00am – 12:30pm

Here are some recommendations from LLUH Student and Employee Health about when to stay at home.

**1. FEVER/COUGH/SHORTNESS OF BREATH**

- a. If you have fever **OR** cough (new onset) **OR** shortness of breath (new onset):
  - i. Please stay at home and call your Primary Healthcare Provider and/or call Student Health Services (if you are on campus).

**2. TESTED FOR COVID-19 WITH SYMPTOMS**

- a. If you have symptoms consistent with COVID-19 and have undergone testing:
  - i. Please stay home and follow the CDC guidelines for isolation.

**3. CONFIRMED COVID-19 COMMUNITY EXPOSURE**

- a. Stay at home and contact your primary care provider.
- b. If you live in the dorms on campus, contact your Residence Hall Dean and follow the University Protocol.
- c. Click [here](#) more information on the definition of exposure.

**Prevention Recommendations:**

To prevent the further spread of COVID-19, it is important that all students practice social distancing. When possible, keep 6 feet between yourself and others. Study privately if you are able; if studying with others, please maintain the 6-foot distance. If you are relying on the student cafeteria for food, we urge you to pick up your meals and eat them in your rooms.

*Social Distancing (As recommended by the [CDC](#).)*

- o Avoid close contact with people who are sick
- o Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).
- o Stay home if you are sick, except to get medical care.

### *Clean your hands often*

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

### *Cover coughs and sneezes*

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

## **Spiritual Support**

People are experiencing a wide range of emotions. At such times, life can feel overwhelming.

Your spiritual leaders at Loma Linda University Health wish to support you during this time. Do not hesitate to contact us or to avail yourself of any of these resources listed below. We would be honored to provide spiritual support!

### *Departments and personnel who are available to provide spiritual support:*

- University Spiritual Care: 909-558-8348 9:00 – 4:00 M – Th; 9:00 – 2:00, F
- Terry Swenson 951-505-1213
  - Dilys Brooks 909-747-5786
  - Chaplains Services 909-558-4367 8:00 – 5:00, M – Th; 8:00– 2:00, F
    - Carl Ricketts After hours, call 909-558-4000, ask for the on-call chaplain
  - Physician Vitality
    - Barbara Hernandez 909-558-5257 (*physicians and medical students only*)
  - School of Religion
    - Leo Ranzolin 909-558-8434

- Student Experience
  - Karl Haffner            909-558-4510
- Spiritual Life and Mission
  - Randy Roberts        909-558-5815 *or* ext. 55815
- Employee and Student Assistance Program: 909-558-6050
  - (Phone therapy available) 8 a.m. - 5 p.m., M - Th; 8 a.m. - 2 p.m., F