



January 28, 2020

Novel Coronavirus 2019 (2019-nCoV) Information for K-12 Schools

Many K-12 school administrators, teachers and parents within New Jersey are concerned about how the current outbreak of the 2019 Novel Coronavirus (2019-nCoV) in Asia will impact their communities and wish to take appropriate steps to mitigate any risks. The word “novel” means new. The Centers for Disease Control and Prevention (CDC) is working hard to learn as much as possible about this new virus so that they can better understand how it spreads and its associated illness. The New Jersey Department of Health is also working hard by developing guidance and education materials should this new virus impact our residents.

What is the difference between seasonal and novel coronavirus?

Coronaviruses are a family of viruses and there are different types of coronavirus within that family, much like there are different types of influenza viruses. Coronaviruses in general are not new, they are quite common and are a frequent cause of respiratory illnesses such as the common cold. Coronaviruses tend to circulate in the fall and winter months, similar to influenza. Most people get infected with these viruses at some point in their lives.

The type of coronavirus that has recently emerged in Wuhan, China **is a new type** of coronavirus and is infecting people for the first time (which means that people do not have any immunity to it).

What are common symptoms of 2019-nCoV?

Information to date suggests this virus is causing symptoms consistent with a respiratory illness such as cough, fever, and shortness of breath.

How is 2019-nCoV spread?

At this time, it's unclear how easily or sustainably this virus is spreading between people. Chinese officials report that sustained person-to-person spread in the community is occurring in China. Person-to-person spread in the United States has not yet been detected, but it's likely to occur to some extent. Cases in healthcare settings, like hospitals, may also occur.

How is 2019-nCoV treated?

Currently, there is no specific antiviral treatment recommended for the coronavirus. There is no vaccine to prevent this virus, and the CDC advises that the best way to prevent infection is to avoid being exposed to this virus.

What precautions should be taken for a person who traveled to China?



The CDC recommends that travelers avoid non-essential travel to Wuhan, China. Chinese officials have closed transport within and out of Wuhan.

If a person travelled to China in the last 14 days and is sick with fever, cough or difficulty breathing they should:

- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

If a traveler who returns from China is not ill, they may continue to attend school.

What preventive measures should a school take to help reduce the spread of respiratory illness?

NJDOH recommends that schools and childcare settings increase education on respiratory hygiene. Staff and children (as developmentally appropriate) should all be taught and asked to follow these steps that prevent the transmission of respiratory infections:

- Cover your coughs and sneezes with a tissue or into your sleeve, not your hands.
- Avoid touching your eyes, nose and mouth.
- Wash hands often for at least 20 seconds, especially after coughing or sneezing. Use alcohol-based hand sanitizer if soap and water are not available.
- Stay home if you're sick, especially with a fever.
- Avoid people who are sick.
- Clean and disinfect frequently touched surfaces and objects.

Additional preventive measures include:

- Adhere to exclusion recommendations from public health. For acute respiratory illness; fever free for 24 hours without fever reducing medication. Doctors notes for return do not supersede public health recommendation.
- Separate sick students and staff from others until they can be picked up to go home.
- Provide adequate supplies, including clean and functional handwashing stations, soap, paper towels, and alcohol-based hand sanitizer.
- Encourage routine surface cleaning through education, policy, and the provision of supplies.
- Get a flu shot – it's not too late to be protected!

School Cleaning Procedures

Special sanitizing processes beyond routine cleaning, including closing schools to clean every surface in the building are not necessary or recommended to slow the spread of respiratory illness. Schools should



follow standard procedures for routine cleaning and disinfecting with an EPA-registered product. Typically, this means daily sanitizing surfaces and objects that are touched often, such as desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, phones and toys.

Outbreaks involving novel coronaviruses evolve quickly and recommendations from public health officials may change frequently as new information becomes available. Please check the following websites often for updated information.

For more information:

- Centers for Disease Control and Prevention website at <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>
- New Jersey Department of Health website at
<https://www.state.nj.us/health/cd/topics/ncov.shtml>
<https://www.nj.gov/health/cd/topics/schoolhealth.shtml>



Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)

At this time, information about COVID-19 is rapidly evolving as new details are confirmed and new questions emerge. In the event of an outbreak in your community, as a parent/caregiver, your first concern is about how to protect and take care of your children and family. Knowing important information about the outbreak and learning how to be prepared can reduce your stress and help calm likely anxieties. This resource will help you think about how an infectious disease outbreak might affect your family—both physically and emotionally—and what you can do to help your family cope.

What You Should Know

- Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases. COVID-19 is caused by a novel coronavirus; this means it is a new strain that has not been previously identified in humans.
- COVID-19 is a respiratory disease that is mainly spread person-to-person. Currently, there is no available vaccine or curative treatment, so the best preventative strategy is to avoid exposure.
- So far, children appear to be much less affected by COVID-19, which was also seen after other coronavirus outbreaks.
- Children with pre-existing illnesses may have different risk, so you should discuss this with your child's medical team.
- To reduce the spread of the virus, a variety of approaches will be used, including keeping those who are sick away from others and promoting healthy hygiene strategies. Additional recommendations for ways to contain the virus's spread could include canceling of events that attract large numbers of people; closing schools, public transit or businesses; and required quarantine, which is the separation and restriction of movement of people who might have been exposed to the virus.

READINESS

Preparing your Family for a Potential Infectious Disease Outbreak

Being prepared is one of the best ways to lessen the impact of an infectious disease outbreak like COVID-19 on your family. Here are some steps that you can take to be better prepared:

Information & Communication

- Identify how you will keep up with the rapidly changing information on COVID-19.
In rapidly changing health events and outbreaks such as COVID-19, there can be large amounts of incorrect or partially correct information that can add to your stress and confusion as a parent/caregiver. Identify a few trusted sources of health information.

The NCTSN relied on the CDC resources to create this document.

Get the most up-to-date and accurate information at:

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

CDC: information on children and COVID 2019:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

<https://healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

Plan how you want to discuss COVID-19 with your family. Be sure to include:

What the current disease outbreak is

How it is contracted

What are the possible dangers

Protective steps being taken in the community/nation/global community

Protective steps everyone in the family can take

- Hold your family discussion in a comfortable place and encourage family members to ask questions. Consider having a separate discussion with young children in order to use language they can understand and to address specific fears or misconceptions they may have.
- Create a list of community resources that will be helpful during an outbreak. Make sure you know their emergency telephone numbers, websites, and official social media accounts. These may include: your family's schools, doctors, public health authorities, social services, community mental health center, and crisis hotlines.
- Develop a plan for maintaining contact with friends and family members via telephone and internet in the event that isolation or quarantine is recommended.
- Check in with your children's school about potential homeschool and distance learning opportunities that may be offered during a school closure. Also, if your child receives additional services at school, ask how these will be handled during a closure (e.g., meals, therapeutic services).

Reducing Your Family's Risk: Hygiene, Medical Care & Supplies

Have all family members practice preventive behaviors including:

- Regularly washing hands for 20 seconds with soap and water (length of the A-B-C song) or use alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoiding close contact with people who are sick.
- Staying home when sick.
- Covering the mouth and nose with a tissue or with the bend/crook of the arm when coughing or sneezing.

Keep basic health supplies on hand (e.g., soap, alcohol-based hand sanitizer, tissues, and a thermometer).

Make sure you have a supply of medications taken regularly.

If your child takes medication for a chronic condition, talk with your child's medical provider about plans to get a supply at home that will last through any period of home isolation for your family.

Have your family work together to gather items that might be needed during an outbreak. These include drinking water, nonperishable food, and cash. Be sure to include activities, books, and games for children in case a lengthy time at home is recommended. Remember to include batteries in your item list if those are needed for certain activities and games.

**HAVE ALL YOUR
FAMILY MEMBERS
PRACTICE GOOD
HYGIENE AND
PREVENTIVE
BEHAVIORS.**

Coping with the Stress of an Infectious Disease Outbreak like COVID-19

Even if your family is prepared, an outbreak can be very stressful. To help your family cope with this stress, following these recommendations can help:

Information & Communication

- Keep updated about what is happening with the outbreak and additional recommendations by getting information from credible media outlets, local public health authorities, and updates from public health websites (e.g., CDC).
- Seek support and continued connections from friends and family by talking to them on the telephone, texting, or communicating through email or social media. Schools may have additional ways to stay in contact with educators and classmates.
- Although you need to stay informed, minimize exposure to media outlets or social media that might promote fear or panic. Be particularly aware of (and limit) how much media coverage or social media time your children are exposed to about the outbreak.
- E-mail and texting may be the best ways to stay in contact with others during an outbreak, as the Internet may have the most sensational media coverage and may be spreading rumors. Check in regularly with your children about what they have viewed on the Internet and clarify any misinformation.
- Focus on supporting children by encouraging questions and helping them understand the current situation.
 - Talk about their feelings and validate these
 - Help them express their feelings through drawing or other activities
 - Clarify misinformation or misunderstandings about how the virus is spread and that not every respiratory disease is COVID-19
 - Provide comfort and a bit of extra patience
 - Check back in with your children on a regular basis or when the situation changes

NOTE: During an outbreak, stigma and rejection can occur against individuals who live in affected communities, against health-care workers, and individuals with other illnesses.

Scheduling & Activities

- Even if your family is isolated or quarantined, realize this will be temporary.
- Keep your family's schedule consistent when it comes to bedtimes, meals, and exercise.
- Make time to do things at home that have made you and your family feel better in other stressful situations, such as reading, watching movies, listening to music, playing games, exercising, or engaging in religious activities (prayer, participating in services on the Internet).
- Have children participate in distance learning opportunities that may be offered by their schools or other institutions/organizations.
- Recognize that feelings such as loneliness, boredom, fear of contracting disease, anxiety, stress, and panic are normal reactions to a stressful situation such as a disease outbreak.
- Help your family engage in fun and meaningful activities consistent with your family and cultural values.

Hygiene & Medical Care

- Find ways to encourage proper hygiene and health promoting behavior with your children (create drawings to remember family routines; sing a song for length needed to wash hands like the A-B-C or Happy Birthday song, twice). Include them in household jobs or activities so they feel a sense of accomplishment. Provide praise and encouragement for engaging in household jobs and good hygiene.
- Reassure your children that you will take them to the pediatrician and get medical care if needed. Explain, however, that not every cough or sneeze means that they or others have COVID-19.

Self Care & Coping

- Modify your daily activities to meet the current reality of the situation and focus on what you can accomplish.
 - Shift expectations and priorities to focus more on what gives you meaning, purpose, or fulfillment.
- Give yourself small breaks from the stress of the situation.
- Attempt to control self-defeating statements and replace them with more helpful thoughts. Here's a helpful checklist for identifying unhealthy thoughts and coping with them:
<https://arfamiliesfirst.com/wp-content/uploads/2013/05/Cognitive-Distortions.pdf>.
 - Remember, you are a role model for your children. How you handle this stressful situation can affect how your children manage their worries.
 - If your family has experienced a serious illness or the death of a loved one, find ways to support each other, including:

Reach out to your friends and family, talking to them about the death of your loved one. Use telephone, email, or social media to communicate if necessary.

Find ways to honor the death of your loved one. Some activities may be done as a family, while additional activities may be done individually.

Seek religious/spiritual help or professional counseling for support. This may be available online or by telephone during an outbreak.

HELPING CHILDREN COPE

Your children may respond differently to an outbreak depending on their age. Below are some reactions according to age group and the best ways you can respond:

AGE GROUP	REACTIONS	HOW TO HELP
PRESCHOOL	Fear of being alone, bad dreams Speech difficulties Loss of bladder/bowel control, constipation, bed-wetting Change in appetite Increased temper tantrums, whining, or clinging behaviors	Patience and tolerance Provide reassurance (verbal and physical) Encourage expression through play, reenactment, story-telling Allow short-term changes in sleep arrangements Plan calming, comforting activities before bedtime Maintain regular family routines Avoid media exposure

SCHOOL-AGE (ages 6-12)	<p>Irritability, whining, aggressive behavior</p> <p>Clinging, nightmares</p> <p>Sleep/appetite disturbance</p> <p>Physical symptoms (headaches, stomachaches)</p> <p>Withdrawal from peers, loss of interest</p> <p>Competition for parents' attention</p> <p>Forgetfulness about chores and new information learned at school</p>	<p>Patience, tolerance, and reassurance</p> <p>Play sessions and staying in touch with friends through telephone and Internet</p> <p>Regular exercise and stretching</p> <p>Engage in educational activities (workbooks, educational games)</p> <p>Participate in structured household chores</p> <p>Set gentle but firm limits</p> <p>Discuss the current outbreak and encourage questions. Include what is being done in the family and community</p> <p>Encourage expression through play and conversation</p> <p>Help family create ideas for enhancing health promotion behaviors and maintaining family routines</p> <p>Limit media exposure, talking about what they have seen/heard including at school</p> <p>Address any stigma or discrimination occurring and clarify misinformation</p>
ADOLESCENT (ages 13-18)	<p>Physical symptoms (headaches, rashes, etc.)</p> <p>Sleep/appetite disturbance</p> <p>Agitation or decrease in energy, apathy</p> <p>Ignoring health promotion behaviors</p> <p>Isolating from peers and loved ones</p> <p>Concerns about stigma and injustices</p> <p>Avoiding/cutting school</p>	<p>Patience, tolerance, and reassurance</p> <p>Encourage continuation of routines</p> <p>Encourage discussion of outbreak experience with peers, family (but do not force)</p> <p>Stay in touch with friends through telephone, Internet, video games</p> <p>Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors</p> <p>Limit media exposure, talking about what they have seen/heard including at school</p> <p>Discuss and address stigma, prejudice and potential injustices occurring during outbreak</p>

SEEKING ADDITIONAL HELP

If you or a loved one is having a difficult time coping with the outbreak and want to seek outside help, there are ways to get that help. For example:

- Get support regarding your anxiety or stress by speaking to a trained counselor at SAMHSA Disaster Distress Helpline at 1-800-985-5990 or by texting TalkWithUS 66746.
- Contact your physician or your insurance company (if they have a consultation line) to ask health-related questions or to seek mental health support.
- Learn more ways to help your family. Additional resources can be accessed at:
 - www.NCTSN.org
 - www.healthychildren.org
 - www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html

Last updated: March 1, 2020



**New Jersey Department of Health
Managing Students (travelers) Returning from China
Frequently Asked Questions
February 2, 2020**

Many K-12 school administrators, teachers and staff in New Jersey are concerned about the current outbreak of the 2019 Novel Coronavirus (2019-nCoV) and potential impacts to their school communities and wish to take appropriate steps to mitigate any risks. The Centers for Disease Control and Prevention (CDC) is working hard to learn as much as possible about this 2019-nCoV so that we can better understand how it spreads and characterize its associated illness. The New Jersey Department of Health is also working hard to develop guidance and education materials, in the face of evolving information.

Though the CDC considers 2019-nCoV to be a serious public health concern based on current information, the immediate health risk to the general U.S. public is considered low at this time. The CDC and the World Health Organization are closely monitoring the national and global situation and providing ongoing guidance. At this time, the CDC recommends avoiding nonessential travel to China. Updated travel information specific to 2019-nCoV can be found at <https://wwwnc.cdc.gov/travel/notices/watch/novel-coronavirus-china>.

The New Jersey Department of Health is providing the resource specific to management of students who have returned to New Jersey from recently traveling in areas with known transmission of 2019-nCoV. This guidance is, in part, based on new scientific information available on novel coronavirus (2019-nCoV) transmission and the need to limit transmission in our communities.

General Information

What is the difference between seasonal and novel coronavirus?

Coronaviruses are a family of viruses and there are different types of coronavirus within that family, much like there are different types of influenza viruses. Coronaviruses in general are not new, they are quite common and are a frequent cause of respiratory illnesses such as the common cold. Coronaviruses tend to circulate in the fall and winter months, similar to influenza. Most people get infected with these viruses at some point in their lives.

The type of coronavirus that has recently emerged in Wuhan, China **is a new type** of coronavirus and is infecting people for the first time (which means that people do not have any immunity to it).

What are common symptoms of 2019-nCoV?

Information to date suggests this virus is causing symptoms consistent with a respiratory illness such as cough, fever, and shortness of breath.

How is 2019-nCoV spread?

At this time, it's unclear how easily or sustainably this virus is spreading between people. Typically, with most respiratory viruses, people are thought to be most contagious when they are most symptomatic (the sickest). Chinese officials report that sustained person-to-person spread in the community is occurring in China. Person-to-person spread in the United States has been detected in a close, household contact to an individual confirmed to have 2019-nCoV, but the risk to the general public remains low. Cases in healthcare settings, like hospitals, may also occur.

What measures can be taken to prevent 2019-nCoV?

There is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses.

How is 2019-nCoV treated?

Currently, there is no specific antiviral treatment recommended for the coronavirus. There is no vaccine to prevent this virus, and the CDC advises that the best way to prevent infection is to avoid being exposed to this virus.

If a person traveled to China in the last 14 days and is sick with fever, cough or difficulty breathing they should:

- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

Do school events need to be canceled?

At this time, there is no need to cancel school or social events. There are no cases of 2019-nCoV in New Jersey, and there are no restrictions on public gatherings. Students should be reminded that part of good respiratory hygiene is staying home from events when they are ill.

What preventive measures should be taken to help reduce the spread of respiratory viruses?

NJDOH recommends that schools increase education on respiratory hygiene. Students, faculty and staff should all be asked to follow these steps that prevent the transmission of respiratory infections:

- Cover your coughs and sneezes with a tissue or into your sleeve, not your hands.
- Avoid touching your eyes, nose and mouth.

- Wash hands often for at least 20 seconds, especially after coughing or sneezing. Use alcohol-based hand sanitizer if soap and water are not available.
- Stay home from class and work if you're sick.
- Avoid people who are sick.
- Get a flu shot – it's not too late to be protected.
- Clean and disinfect frequently touched surfaces and objects.

Additional preventive measures include:

- Adhere to exclusion recommendations from public health. For acute respiratory illness; fever free for 24 hours without fever reducing medication.
- Separate sick students and staff from others until they can go home.
- Provide adequate supplies, including clean and functional handwashing stations, soap, paper towels, and alcohol-based hand sanitizer.
- Encourage routine surface cleaning through education, policy, and the provision of supplies.
- Get a flu shot – it's not too late to be protected!

School Cleaning Procedures

Special sanitizing processes beyond routine cleaning, including closing schools to clean every surface in the building are not necessary or recommended to slow the spread of respiratory illness. Schools should follow standard procedures for routine cleaning and disinfecting with an EPA-registered product. Typically, this means daily sanitizing surfaces and objects that are touched often, such as desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, phones and toys.

How should schools prepare for the potential of coronavirus in their community?

- **Instruct all students and staff who have traveled to China in the past 14 days to contact the school**
- Students who visit health services should be instructed to wear a mask when they present with respiratory symptoms.
- Health personnel should inquire about travel history.
- Clinicians should wear personal protective equipment to guard against potential exposure.
- Report any ill students with a travel history to the local health department **immediately**.
- Continue to monitor up to date information from health officials.
- School nurses should continue to monitor students and staff who may exhibit respiratory symptoms.
- Always promote daily practice of everyday preventive actions.
- Have supplies on hand for staff and students (masks, soap, tissues, hand sanitizers, trash baskets).
- Develop a plan for outbreak response and share with stakeholders before an outbreak occurs.
- Prepare to offer home instruction to students.
- Establish relationship with local public health officials and identify points of contact.

- Create emergency communication plan and maintain up to date contact information for everyone in your communication chain.
- Establish leadership team, identify essential staff functions, assign tasks and responsibilities.
- Plan workshops and trainings to educate staff on prevention measures.

Information about management of returning travelers

Who is this guidance intended for?

This guidance is being provided for individuals who have traveled to China in the last 14 days. New screening and management protocols are set to take effect on February 2, 2020 at 5pm. This guidance only applies to individuals who have arrived prior to this date and time. Additional guidance will be made available for those who arrive after this date and time.

Which students/staff should conduct active or passive monitoring and self-quarantine?

NJDOH recommends the following risk categories and associated actions. This guidance is in accordance with “**Guidance for Managing Employees or Students Returning from China**” put forward by NJDOH. This guidance recommends the following.

- Individuals who fall into the **High Risk or Moderate Risk** categories should **self-quarantine for 14 days**, including restriction from work/school.
- Those with **High Risk** exposures should conduct **active monitoring**.
- Those with **Moderate Risk** exposures should conduct **passive monitoring**.
- Individuals in the **Low Risk** category **do not require symptom monitoring and are not required to self-quarantine**, however the decision to self-quarantine and restrict from school/work may be appropriate if the decision is made in conjunction with the individual’s employer and/or occupational/school health provider and is in accordance with the facility’s policies and procedures. The decision to restrict these returning travelers from work may be at the facility, employer, or institution’s discretion.

How are the risk categories for student/staff defined?

Administrators should work with their school district medical personnel/employee health programs to assess the exposure risk of returning travelers based on the following criteria.

High Risk

Returning students/workers who have been in close contact¹ with a person confirmed with 2019-nCoV, while the person was symptomatic OR any contact with infectious secretions OR living/caring/visiting someone with a person confirmed with 2019-nCoV, regardless of use of personal protective equipment (PPE).

Moderate Risk

¹ Close contact is defined as being within 6 feet distance of a 2019-nCoV case for more than 10 minutes.

Returning students/workers who worked as laboratory staff either in a healthcare facility that was treating patients with confirmed 2019-nCoV or were working with the virus in a research laboratory setting, while not wearing the recommended PPE, OR without standard biosafety precautions in place. This would include but is not limited to processing blood, serum, or respiratory samples.

Low Risk

Workers/students with a recent travel history to Wuhan City, the Hubei Province, or Mainland China, who have not had any close contact with any person confirmed to have 2019-nCoV; OR Workers/students who had transient interactions with suspected cases in public settings, without any close contact.

What type of symptom monitoring is recommended?

Active or passive monitoring should be instituted if returning students/staff meet one of the risk criteria. Monitoring may be done by the organization's occupation health department (with consultation from the state/local HD when needed), school health personnel or by the local health department if these other options are not available. **Active monitoring** means that the school or a public health agency will check in daily to assess for symptoms and fever. Check-ins are through daily phone calls, interactive voice response, internet reporting, or via Skype or other video conferencing, with possible follow-up home visits as needed. **Passive monitoring** means the person being monitored assesses themselves for fever and symptoms daily with a check-in at the beginning and end of the monitoring period with your school or public health agency. Any individuals who develop symptoms while on passive or active monitoring should notify public health immediately if symptoms occur.

For residential or boarding schools, does this monitoring need to take place on campus?

- This is a decision that should be made by each school based on their student population.
- Residential schools may decide to send students home (if reachable by car) Note: LHD where student will be residing should be notified.
- Students who live abroad or would need to travel by plane to go should be housed by the school in an area away from other students.
- Schools should be prepared to offer alternate instruction while a student is self-quarantined.
- Residential schools should be prepared to provide suitable housing and basic needs for students who cannot return home.

Which students/staff will not need to monitor symptoms or restrict their activities?

Persons who have returned to the U.S. and more than 14 days have elapsed from their last exposure are able to continue routine activities without restriction.

ADDITIONAL INFORMATION

Identification of Symptoms

Travelers should monitor for the following symptoms for 14 days after their return:

- Fever
- Cough
- Shortness of breath

If symptoms develop, they should:

- Seek medical care right away. Before seeking care at a doctor's office or emergency room, they should call ahead and tell them about recent travel and symptoms.
- Wear a surgical mask while in transit to limit transmission.
- Avoid mass transit when seeking care if possible.
- Cover mouth and nose with a tissue or sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

Important Notes

- Since this is an ongoing and evolving public health emergency, schools would be asked to implement and conduct monitoring of those meeting these risk criteria and would be supported by the local health department.

As local health departments work to identify, report and monitor ill individuals suspected of having 2019-nCoV, resources in supporting these activities may be limited. Schools should only consult their local health departments if monitoring assistance is needed.

Resources

- NJDOH – General Information Page
 - <https://www.nj.gov/health/cd/topics/ncov.shtml>
- CDC – General Information Page
 - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CDC – Home Isolation Guide
 - <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>
- NJDOH – Local Health Department Directory
 - www.localhealth.nj.gov



January 28, 2020

Novel Coronavirus 2019 (2019-nCoV) Information for Universities

Many university students, faculty and staff within New Jersey are concerned about how the current outbreak of the 2019 Novel Coronavirus (2019-nCoV) in Asia will impact their communities and wish to take appropriate steps to mitigate any risks. The Centers for Disease Control and Prevention (CDC) is working hard to learn as much as possible about this new virus so that they can better understand how it spreads and its associated illness. The New Jersey Department of Health is also working hard by developing guidance and education materials should this new virus impact our residents.

The CDC considers this new virus a public health concern based on current information. However, the immediate health risk to the general U.S. public is considered low at this time. The CDC and the World Health Organization are closely monitoring the situation and providing ongoing guidance. The CDC escalated its health warning to a level 3 as the coronavirus continues to spread, recommending that people avoid all nonessential travel to Wuhan, China. <https://wwwnc.cdc.gov/travel/notices/watch/novel-coronavirus-china>

As this is an evolving situation, the most up-to-date information can be found from the Centers for Disease Control and Prevention at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

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- Health personnel should inquire about travel history.
- Clinicians should wear person protective equipment to guard against potential exposure.
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/hcp-personnel-checklist.html>
- Continue to monitor up to date information from health officials.
- Always promote daily practice of everyday preventive actions.
- Report any suspect patients to the local health department.
- Have supplies on hand for staff and students (masks, soap, tissues, hand sanitizers, trash baskets).
- Develop a plan for outbreak response and share with stakeholders.
- Establish relationship with local public health officials and identify points of contact.
- Create emergency communication plan and maintain up to date contact information for everyone in your communication chain.
- Establish leadership team, identify essential staff functions, assign tasks and responsibilities.
- Plan workshops and trainings to educate staff on prevention measures.

What precautions should be taken for students or faculty who traveled to China?

The CDC recommends that travelers avoid non-essential travel to Wuhan, China. Chinese officials have closed transport within and out of Wuhan.

If a person travelled to China in the last 14 days and is sick with fever, cough or difficulty breathing they should:

- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others. Try to stay at least six feet from other people.
- Stay home from school and work.
- Not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.



Students who have returned from China but are not sick may continue to attend class and work.

Travelers from China should monitor for the following symptoms for 14 days after their return:

- Fever
- Cough
- Shortness of breath

What should travelers who develop symptoms within 14 days of leaving China do?

- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

What preventive measures should be taken to help reduce the spread of respiratory viruses?

NJDOH recommends that schools increase education on respiratory hygiene. Students, faculty and staff should all be asked to follow these steps that prevent the transmission of respiratory infections:

- Cover your coughs and sneezes with a tissue or into your sleeve, not your hands.
- Avoid touching your eyes, nose and mouth.
- Wash hands often for at least 20 seconds, especially after coughing or sneezing. Use alcohol-based hand sanitizer if soap and water are not available.
- Stay home from class and work if you're sick.
- Avoid people who are sick.
- Get a flu shot – it's not too late to be protected.
- Clean and disinfect frequently touched surfaces and objects.

Cleaning Procedures

Special sanitizing processes beyond routine cleaning, including closing schools to clean every surface in the building are not necessary or recommended to slow the spread of respiratory illness. Schools should follow standard procedures for routine cleaning and disinfecting with an EPA-registered product. Typically, this means daily sanitizing surfaces and objects that are frequently touched.

Outbreaks involving novel coronaviruses evolve quickly and recommendations from public health officials may change frequently as new information becomes available. Please check the following websites often for updated information.

For more information:



- Centers for Disease Control and Prevention website at <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>
- New Jersey Department of Health website at <https://www.state.nj.us/health/cd/topics/ncov.shtml>
<https://www.nj.gov/health/cd/topics/schoolhealth.shtml>



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