



HEALTH ALERT

Important Public Health Message



Addressing Concerns about Coronavirus

January 28, 2020 – Mt. San Antonio College has heard concerns about the novel coronavirus (2019-nCoV) in Los Angeles County. The college is staying actively informed of the issue.

The Department of Public Health has determined there is an infected person in Los Angeles County. Their exact location has not been disclosed. They presented themselves for immediate care and are receiving medical treatment. In addition, public health officials are identifying people who may have had close personal contact with the individual to monitor them for signs and symptoms of illness and to take active measures to prevent the spread of the virus. There is only one case in LA County and four cases in the United States.

The Los Angeles County Department of Public Health has determined there is no immediate threat to the general public, no special precautions are required, and people should *not* be excluded from activities based on their race, country of origin, or recent travel if they do not have symptoms of respiratory illness. Learn more online at <http://publichealth.lacounty.gov>.

TIPS TO STAY HEALTHY DURING COLD AND FLU SEASON

Especially during cold and flu season, it's important to follow public health tips to stay healthy.



Practice good hand hygiene. Wash your hands often and avoid touching your eyes, nose and mouth.



Avoid close contact with sick people. If you are sick, keep your distance from others.



Cover your nose and mouth when you cough or sneeze. Use your sleeve if you don't have a tissue handy.



Practice healthy habits. Get plenty of sleep, stay active, manage your stress, drink plenty of fluids and eat nutritious foods.