

What is the novel coronavirus and how does it spread?

The novel coronavirus (COVID-19) is a previously unidentified virus found for the first time in people in Wuhan, China. Like other respiratory illnesses, the virus mainly spreads person to person between people who are in close contact with one another or via respiratory droplets produced when an infected person coughs or sneezes.

Get more information from the [CDC](#).

What are the symptoms?

- Fever
- Cough
- Shortness of breath
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

According to the CDC symptoms can appear in as few as two days and as many as 14 days after exposure.

What is the risk to the NAU community?

The virus continues to spread and the risk may change. It's important for all of us to take proactive steps to protect ourselves and others from exposure to COVID-19. There are confirmed cases in Coconino County. For updated numbers, visit [Coconino County's website](#).

What should I do if I'm feeling ill and think I might have COVID-19?

- Continue to be vigilant and take precautions to prevent the spread of viral illness. Wash your hands frequently and thoroughly, cough and sneeze into a tissue and throw it away immediately. Refrain from touching your face.
- If you are sick with a respiratory illness (cough, sneeze, breathing problems, etc.), please stay home, avoid other people, and contact your healthcare provider if needed. All of the above precautions are of utmost importance to keep our campus safe.
- Anyone with concerns about their health or symptoms they are experiencing are urged to call their healthcare provider or NAU Campus Health at (928) 523-2131. CCHHS has also established a hotline at (928) 679-7300.
- Regular updates can be found at the [CCHHS coronavirus website](#) as well as [NAU's coronavirus website](#). For general concerns or inquiries, email covidinfo@nau.edu

Remember that it is flu season and members of our community may be ill for a variety of reasons. We encourage students, staff and faculty who are ill—no matter the cause—to stay

home and communicate by email to professors and supervisors. Students, faculty and staff should stay home and be out as little as possible until they can get medical care.

What can I do to protect myself and others from getting sick?

- Stay home if you're sick.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces.
- Wash your hands.
- If you haven't already, get a flu shot. Many of the symptoms and risk factors in respiratory diseases are similar, and it is still flu season.
- Cover your mouth when you cough or sneeze.



What's the right way to wash my hands?

The best way to prevent the spread of the coronavirus and many other diseases is to wash your hands—the more frequently, the better. Studies have shown that good hand-washing (washing the backs of your hands, between your fingers and under your nails with soap and water for at least 20 seconds) and frequent hand-washing will decrease the risk of transmission of these viruses anywhere from 30 to 50 percent. Information on proper hand washing technique can be seen on the [CDC's video – What You Need to Know About Handwashing](#).

What if I need medical care and don't have my own doctor or can't afford it?

Students, faculty and staff should stay home and be out as little as possible until they can get medical care. Call your doctor first. If you don't have a doctor or cannot afford to see a doctor but need health care, going to the Flagstaff Medical Center is an option. They can also call the Coconino County Health and Human Services department, who will be able to direct them to an appropriate health care provider. North Country Healthcare provides medical appointments on a sliding fee schedule based on a patient's ability or inability to pay. They can also help them sign up for AHCCCS – the Arizona "Medicaid" system.

Importantly, if a patient thinks they have coronavirus, they should always call ahead, so that the provider can be appropriately prepared for their arrival.

