

## A Message from the MCLA Office of Student Health Services

*Sent on behalf Jacqueline Krzanik, Director of Health Services*  
**(Resent to include missing links to the CDC and WHO websites)**

To the MCLA community,

As spring break approaches, we have been tracking health and safety alerts around the novel coronavirus (COVID-19) outbreak and want to encourage you to do the same as you make or adjust your spring break travel plans.

MCLA is continuing to track health, safety and travel alerts, and to date, **no member of the MCLA community has been affected**. Out of an abundance of caution, however, and based upon U.S. Centers for Disease Control and Prevention and the World Health Organization alerts, **a decision has been made in consultation with the faculty member to cancel the spring break travel course to Japan**. Trips to Peru, Germany, and Haiti are currently scheduled to go as planned but daily alerts could change the status of these trips, as well.

If you are planning to travel, please make sure to follow the advice from the CDC and the WHO (links below) regarding the spread of coronavirus. Please consider how the coronavirus outbreak might affect your plans and whether you would be able to adapt if circumstances changed (like new travel restrictions, advisories, virus outbreaks in new areas, or federally mandated quarantines that may impact you being able to return to campus for the duration of the semester). If you feel uneasy about travel during this outbreak, you may consider changing your plans until the outbreak subsides.

**The MCLA Critical Incident Response Team (CIRT) has met to review our plans to respond to any illness outbreak paying special attention to advice from the CDC and WHO regarding our response to COVID-19.** We will continue to track health, safety and travel alerts and provide information as it emerges.

As always, good hygiene practices will reduce the possibilities of contracting illness. These include:

- Clean and disinfect hands regularly after touching surfaces such as door handles and railings.
- Avoid touching your eyes, nose, or mouth.
- Cover your mouth and nose when sneezing or coughing with a tissue or elbow, never use your hands.
- Stay away from people who are sick and stay home when you are sick.

If you have questions related to MCLA and coronavirus, please contact MCLA's Office of Student Health Services at (413) 662-5421 or [HealthServices@MCLA.edu](mailto:HealthServices@MCLA.edu). The Office of Student Health Services' website ([http://www.mcla.edu/Student\\_Life/wellness/healthservices/index](http://www.mcla.edu/Student_Life/wellness/healthservices/index)) also contains useful information about limiting the spread of illness.

Thank you—and I hope you have a happy and safe spring break!

Informative Websites:

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

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

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>