



# HEALTH ALERT

Important Public Health Message



## Mt. SAC Continues Monitoring Coronavirus *Hygiene is Key to Sickness Prevention*

March 2, 2020 – Mt. San Antonio College is staying actively informed on issues related to the coronavirus disease (COVID-19) outbreak, which has been declared a Public Health Emergency of International Concern by the World Health Organization.

In our area, the Los Angeles County Department of Public Health has determined that 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.

At this time, Mounties are encouraged to continue with their regular activities and practice good public health hygiene. The college will continue to monitor the situation and communicate should the need arise.

Learn more through LA County Public Health at <http://publichealth.lacounty.gov>.

### Tips to Stay Healthy

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. Avoid touching your eyes, nose and mouth.



**Avoid close contact with sick people.** If you are sick, stay home and 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.