



**COVID-19**  
**Public Communication**  
Thursday, March 12, 2020  
5 p.m. (1700) EST

Mitchell Community College administration is working with local and state health officials to monitor the current COVID-19 (Coronavirus) situation. Our number one priority is always the safety and health of our students and employees.

Mitchell will provide an official update to students and employees on **Friday, March 13, 2020, at noon.**

### **What Mitchell is Doing**

The college's Emergency Incident Management Team is reviewing its pandemic plan to ensure the college is prepared in case any schedule or operational changes should become necessary.

We will provide updates as they are received from local and/or state health officials. All of Mitchell's COVID-19 updates can be found by visiting [this webpage](#). Changes to College operations will be communicated through Mitchell's **Emergency Notification System**, on the Mitchell Website, on Mitchell social media channels, and through local media outlets.

### **What You Should Do**

As with any illness, we ask students and employees to stay home if they experience a fever (100°F or greater), vomiting and/or diarrhea. You should be free of these symptoms for at least 24 hours before you come back to campus.

To help prevent the spread of illnesses, including respiratory illnesses such as COVID-19, health officials are asking everyone to practice good hand hygiene and take common-sense precautions to protect themselves and others. The North Carolina Department of Health and Human Services (NCDHHS) recommends taking the following precautions to prevent the spread of respiratory illnesses, which includes COVID-19.

1. Wash hands frequently with soap and water, and for at least 20 seconds each time.
2. Avoid touching your eyes, nose and mouth with unwashed hands.
3. Avoid close contact with people who are ill.
4. Cover your mouth and nose with a tissue when you cough or sneeze.
5. Do not reuse tissue after coughing, sneezing, or blowing your nose.
6. Clean and disinfect surfaces that are frequently touched.
7. Be aware of the number of times a day your hands touch an object or hard surface and then touch your face without being washed. Limiting the exposure of your nose, mouth and eyes to unwashed hands can help to protect from the spread of all germs and illnesses.
8. Have a plan in case you need to miss work or other responsibilities due to personal illness or to care for a sick family member.



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**Additional Resources**

**[Center for Disease Control \(CDC\) COVID-19 information](#)**

**[NC Department of Health and Human Services \(NCDHHS\) COVID-19 information](#)**