

Good Afternoon Spartans,

**SPARTANS COLD & FLU SEASON IS UPON US** – As the weather changes and we prepare for winter CNCC wants to make sure you are safe and healthy, but if you are feeling under the weather or have any Symptoms of COVID-19 please follow these steps:

### **What do I do if I have symptoms related to COVID-19?**

Steps if you are not feeling 100%

1. Take the [CNCC COVID Questionnaire](#) – This will help us determine your next steps.
2. Contact Campus Life – [Jen Rea](#) (970-675 3229) or [John Anderson](#) (870 824 11110 Office or 970 629 9401 Cell).
  - a. If unable to reach Campus Life, please contact your RA through the On-Call Phone or call (1-800-562-1105).
3. Self-Isolate until Campus Life gives you further direction
  - a. Self-Isolate – Remain in your room, house, or apartment. Do not come to class; go to practice or the cafeteria. Avoid people and high traffic areas. Campus Life will coordinate with food services, student services and faculty concerning your needs.
    - i. Wear a mask
    - ii. Practice good hygiene
    - iii. Sanitize and Disinfect
    - iv. Drink Plenty of Fluids and Eat Healthy
    - v. Get Plenty of Rest

**Isolation vs Quarantine:** While similar, these two terms have some key differences. The main goal of both is to avoid spreading COVID to others.

**Isolation:** Isolation separates sick people with a contagious disease from people who are not sick. This is normally a precaution, will be implemented if students display symptoms of COVID 19, and will remain in place until the symptoms are no longer present or until advised differently by a licensed medical professional. Isolation is a precautionary term for people who are not feeling well but do not know if they have COVID, so in case they do have COVID by isolating they are preventing the spread to others unknowingly.

**Quarantine:** Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. This is used for students who have been tested and are awaiting results or for students who receive a Positive Test Result. Quarantine also prevents the spread of COVID-19, but is a term used for people who more likely than not have COVID, have gone in for COVID Testing or have had a positive COVID-19 test result.

### **Safe Locations and Case Tracking:**

**Rio Blanco County (Rangely)** currently has no active cases of COVID-19, so the chances of our students having COVID is small unless they have traveled outside of the County and have been exposed to someone with COVID-19. <https://www.rbc.us/606/COVID-19-Updates>

**Moffat County (Craig)** currently has only one Active case and that person is recovering in Quarantine -

<https://routtgis.maps.arcgis.com/apps/opsdashboard/index.html#/467d3f1adc3641839662cb02601639e9>

COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness.

**Symptoms** may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

Fever or chills	Cough	Shortness of breath/difficulty breathing
Fatigue	Muscle or body aches	Headache
New loss of taste or smell	Sore throat	Congestion or runny nose
Nausea or vomiting	Diarrhea	

**Emergency warning signs for COVID-19** Contact Campus Life – [Jen Rea](tel:970-675-3229) (970-675 3229) or [John Anderson](tel:870-824-1111) (870 824 1111 Office or 970 629 9401 Cell).

Trouble breathing	Loss of Appetite or food not tasting good	New confusion
Persistent pain/pressure in the chest	Inability to wake or stay awake	Blush lips or face

Please check out [CNCC Full COVID Plan](#) and [COVID Updates](#), which are posted to our [CNCC Website](#).

As always please let myself or the Student Services Team know if you need anything.

Thank you,

*John R Anderson MBA*

Vice President of Student Affairs and the Craig Campus

**Desk:** (970)824-1110 OR **Cell:** (970)629-9401

He/Him/His