

Date: March 9, 2020
From: Chancellor Lambert
To: All Students
Subject: PCC response to coronavirus

Dear Pima student,

I want to update you on Pima Community College's response to the coronavirus (COVID-19). The Novel Coronavirus is a global concern. Pima is committed to providing the best possible information for our students and employees.

To keep the College community informed, [we have created a webpage dedicated to Pima's coronavirus response](#), where you can find trusted information and guidance.

Additionally, we have scheduled the following information sessions for students and employees:

Campus/facility	Date and time	Room
Downtown Campus	March 10, 8:15-9:45 am	CC-180
29th Street Coalition Center	March 10, 10:30-noon	Aurora
Northwest Campus	March 10, 2-3:30 pm,	A-207
Desert Vista Campus	March 11, 2-3:30 pm	F-123
East Campus	March 12, 10:30-noon	L-101
West Campus	March 13, 9:10:30 am.	J-G05
District Office	March 13, 2-3:30 pm or 3:30-5 pm	Community Room

Manage anxieties

As information about the virus unfolds, you may experience a wide range of emotions and feelings, including:

- Anxiety, worry, panic
- Feelings of helplessness
- Anger
- Withdrawal from social groups
- Difficulty concentrating and sleeping
- Hyper-vigilance regarding your health and body

The [University of California-Berkeley](#) advises this: "Do not let your worry about this virus control your

life. There are many effective ways to manage your fears and anxieties. ... adopting them can help improve your overall emotional and physical well-being." These include:

- Keep things in perspective
- Be mindful of your assumptions about others.
- Self-awareness is important in not stigmatizing others in our community.
- Keep connected.

Student Wellness Assistance (SWA) is available to all Pima students. To access SWA in MyPima: Go to Students > Student Resources tab.

Spring Break travel

As students and employees prepare for Spring Break, we would like to remind everyone to monitor the travel advisories posted on the [U.S. Department of State](#) website.

Understand the terminology

As you learn more about the disease, you will come across terms with specific meanings:

- **Presumptive positive:** These are Individuals who have tested positive by a public health laboratory and are pending confirmatory testing by the Centers for Disease Control and Prevention (CDC). If CDC testing concurs, the person is **confirmed** to have coronavirus.
- **Community spread or community transmission:** A person has contracted the disease from community spread when the source of the infection is unknown.

Keep informed

The PCCAlerts text-message service offers information and guidance about emergencies affecting Pima. To join, text the word **alerts** to **79516**. I gnore hyphens your cellphone might insert in the number. You will receive a confirmation.

Websites with information about coronavirus:

- [Arizona Department of Health Services.](#)
- [Centers for Disease Control and Prevention.](#)
- [Pima County Health Department](#)

Stay healthy

- If you feel ill, stay home.
- Cover coughs with a tissue or your upper shirt sleeve, not your hands.
- Wash your hands often with soap and water for 20 seconds.
- Use alcohol-based hand sanitizer if soap and water are unavailable.
- Avoid touching your eyes, nose and mouth. Keep your hands below your chin.
- Avoid close contact, such as kissing, shaking hands, and sharing cups and eating utensils with others.

- If you are running a fever, contact your health provider.
- In general: Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

[CDC also advises keeping the following in mind:](#)

- Be prepared for a period of self-isolation or quarantine lasting two weeks, with your favorite foods and any medicines that you need in hand.
- Be more restrained in casual physical interactions (e.g., skip hugs and shaking hands).
- Be prepared to cancel your attendance at large academic gatherings or social events.

Fight stigmas

In conclusion, I'll reiterate a perspective I provided to our employees:

"COVID-19 is not specific to any country. It is a global challenge whose presence has been confirmed on every continent except Antarctica. Stigmas based on nationality only create fear and anger, instead of focusing on preventing and treating the disease itself. Unity of purpose and action is the best defense."

Sincerely,
Lee. Lambert,
Chancellor