

Preventing the Spread of Illnesses:

What You Can Do

- Stay home when you are sick
 - Cover coughs & sneezes — use a tissue, or cough or sneeze into your sleeve
 - Avoid touching your face
 - Wash hands frequently
 - Maintain a healthy lifestyle
 - Get a flu vaccine
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Stay Healthy

Get plenty of sleep

Be physically active

Don't smoke

Drink plenty of fluids, eat nutritious foods



Colorado College continues to closely monitor developments in the outbreak of respiratory illness caused by a novel coronavirus (COVID-19). The college's multi-disciplinary COVID-19 Emergency Response Team is meeting regularly to assess the situation and plan for impacts to our campus community.

For updates and resources:
www.coloradocollege.edu/coronavirus