Red Rocks Community College Student Health Clinic recommendations regarding the COVID-19 (Coronavirus).

Recommendations are provided by Ginger Stewart, PA-C, MMS, Director of the Clinic and Dr. Tana Smith, Medical Director of the Student Health Clinic.

- If you are sick (feeling ill, body aches, fever>100.4, or cough), please stay home.
- Call your Primary Care provider or emergency room before going into a medical facility to help decrease the chance of spreading respiratory viruses.
- The RRCC Student Health Clinic does NOT have the required tests available for COVID-19.
- If in doubt, check the websites for the Center for Disease Control (link is external) and Jeffco Public Health (link is external) of Colorado for recommendations as it will be the most up to date information.
- Wash hands often with soap and water (for 20 seconds at least) especially after using the restroom; before eating; and after coughing, blowing nose, or sneezing. Alcohol-based hand sanitizers may be used (with at least 60% alcohol) if soap/water is not available.
- Avoid sick people as well as touching your eyes, nose, or mouth with unwashed hands.
- Pay attention to your health during travel and for 14 days after you return.
- Cover your mouth and nose with a tissue or your sleeve when coughing/sneezing.
- Students - stay in communication with your instructor if you must miss class.