

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.