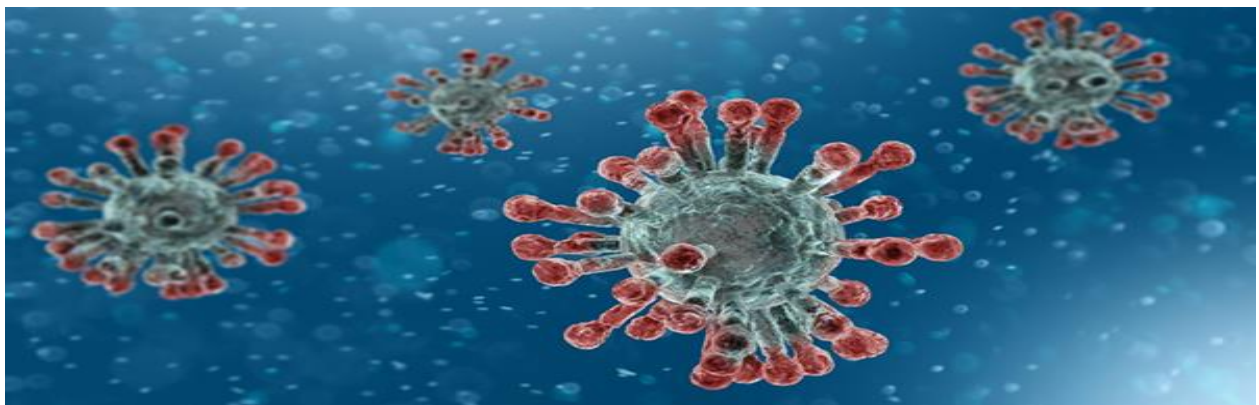


# **The European Theological Seminary Precautions and Procedures**

## **Coronavirus (COVID-19)**

**Date of Issuance: 15 March 2020**

The rapid spread of the virus that causes COVID-19 has sparked concern worldwide. The World Health Organization (WHO) has declared this rapidly spreading coronavirus outbreak a pandemic. Due to the continuing rise in confirmed cases it has become necessary to advise our Student Body and Staff to be prepared for possible disruptions to our daily life, school and work schedules.



Below, you'll find answers as well as a few implemented precautions that as President, I have set in order for the European Theological Seminary. This has been done for both the welfare and protection of our college, student body and staff. I am sure that we will be adding new procedures as more reliable information becomes available and as the German Government directs. Statements made below were implemented from research done through Harvard Health Studies, the World Health Organization and the Center for Disease Control.

Dr. Tom Rosson, your Vice President has also prepared a separate document which explains the adjustments that must be made as it relates to “daily operations” and “activities”. Janice Darnell, your House Manager is providing preventive measures and methods to those who are in the student/dorm supervising positions to ensure that cleanliness is practiced, disinfectants are provided and that necessary items such as hand sanitizers, tissues, antibacterial soaps, etc. are readily available to students and staff. Although these adjustments are somewhat challenging for both staff and students, as your President I thank you in advance for your compliance of these matters in every way.

Dr. Stephen P. Darnell,  
Field Director of Europe and the Middle East  
President, European Theological Seminary

### **What is coronavirus?**

COVID-19, short for "coronavirus disease 2019," is the official name given by the World Health Organization to the disease caused by this newly identified coronavirus.

### **How many people have COVID-19?**

The numbers are changing rapidly. The most up-to-date information is available from the World Health Organization, the US Centers for Disease Control and Prevention, and John Hopkins University. It has spread so rapidly and to so many countries that the World Health Organization has declared it a pandemic (a term indicating that it has affected a large population, region, country, or continent).

### **Why is it so difficult to develop treatments for COVID-19 illnesses?**

An antiviral drug must be able to target the specific part of a virus's life cycle that is necessary for it to reproduce. In addition, an antiviral drug must be able to kill a virus without killing the human cell it occupies. And viruses are highly adaptive. Because they reproduce so rapidly, they have plenty of opportunity to mutate (change their genetic information) with each new generation, developing resistance to whatever drugs or vaccines we develop. At this time no vaccine is available.

### **What are the symptoms of COVID-19?**

The symptoms are much like the common flu which include low-grade fever, body aches, coughing, nasal congestion, runny nose, and sore throat. However, COVID-19 can occasionally cause more severe symptoms like high fever, severe cough, and shortness of breath, which often indicates pneumonia.

### **What do I do if I have the symptoms of COVID-19?**

Immediately contact Tamara Milanovich or Dr. Tom Rosson. If it is determined that you do have the symptoms you will be taken immediately to the hospital or a designated location for testing. After testing, if there is a waiting period for a definite answer you will be taken back to ETS and quarantined in a designated room until a definite answer is received. If it is determined that you have coronavirus, you will then be hospitalized, and the college will be on complete quarantine lockdown until released according to the local health agencies.

### **How long is it between when a person is exposed to the virus and when they start showing symptoms?**

Because this coronavirus has just been discovered, the time from exposure to symptom onset (known as the incubation period) for most people has yet to be determined. Based on current information, symptoms could appear as soon as three days after exposure to as long as 13 days later. Recently published research found that on average, the incubation period is about five days.

### **How does coronavirus spread?**

The coronavirus is thought to spread mainly from person to person. This can happen between people who are in close contact with one another. Airborne droplets that are produced when an infected person coughs or sneezes may land in the mouths or noses of people who are nearby, or possibly be inhaled into their lungs.

Coronavirus can also spread from contact with infected surfaces or objects. For example, a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

### **How deadly is COVID-19?**

Regarding the fatality rate, it appears that the risk of death with the pandemic coronavirus infection is between 1 and 3%.

### **Who is at the highest and lowest risk for getting very sick from COVID-19?**

Older people, and especially those with underlying medical problems are at the highest risk. Also, high risk cases may include any age person with a low immune system. Children, including very young children are considered low risk but can develop COVID-19. However, children tend to experience milder symptoms such as fever, runny nose, and cough.

### **Will warm weather stop the outbreak of COVID-19?**

To say that warm or hot weather will stop the virus is an unproven fact. Some viruses, like the common cold and flu, spread more when the weather is colder. But it is still possible to become sick with these viruses during warm months. At this time, we do not know whether the spread of COVID-19 will decrease when the weather warms up.

### **What can I do to protect myself and others from COVID-19?**

The following actions help prevent the spread of COVID-19;

- Avoid close contact with people.
- Avoid touching and hugging,
- Avoid touching your eyes, nose, and mouth.
- Stay in your room when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Those who dispose of the trash must wear gloves and mask.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water.
- Limit travel
- Avoid crowds.

### **How long can the coronavirus that causes COVID-19 survive on surfaces?**

We don't yet know how long the coronavirus can survive on surfaces such as plastic, porcelain, granite, steel, or copper. In the meantime, we recommend cleaning frequently touched surfaces and objects every day. These include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. If surfaces are dirty, first clean them using a detergent and water, then disinfect them. Be especially careful of where and how you place your cell phone, backpacks and handbags as well as other daily used items.

### **What can I do to keep my immune system strong?**

Following general health guidelines is the best step you can take toward keeping your immune system strong and healthy. Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as these:

- Don't smoke.
- Eat a diet high in fruits, vegetables, and whole grains.
- Take a multivitamin if you suspect that you may not be getting all the nutrients you need through your diet.
- Exercise regularly.
- Maintain a healthy weight.
- Get enough sleep.
- Take steps to avoid infection, such as washing your hands frequently and trying not to touch your hands to your face, since harmful germs can enter through your eyes, nose, and mouth.
- Stay hydrated and drink plenty of water.