

As you may be hearing, awareness of and concerns about the coronavirus (COVID-19) continue to rise. Sigma Kappa strives to make certain you and your chapter sisters are as prepared and protected as possible.

We encourage you to stay aware and informed by reading any information shared by your college/university and monitoring the [Center for Disease Control \(CDC\) website](#). We are also sharing information and resources from the World Health Organization (WHO) and CDC about coronavirus, how it spreads and what you can do to help protect yourselves and your sisters.

What is a coronavirus?

- According to the WHO: Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses cause illness ranging from the common cold to more severe diseases. The most recently discovered coronavirus causes coronavirus disease COVID-19.
- Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties.
- Read more about coronavirus on [the WHO website](#).

How does it spread?

- The virus is thought to spread mainly from person-to-person between people who are in close contact (within about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes.
- It may also be possible for the virus to spread through touching an infected surface or object and then touching your own mouth, nose or eyes.
- Read more from the CDC about [coronavirus transmission](#).

What can I do to help prevent its spread?

- Practice good hand washing.
 - Wash your hands with soap and water thoroughly and often.
 - Start a habit of washing your hands as soon as you enter the chapter facility, campus building or residence.
- Practice good respiratory etiquette.
 - Cover your coughs and sneezes with a tissue and throw used tissues into a lined trash can or cover your nose/mouth with your bent elbow.
- Avoid touching your face, especially your eyes, nose and mouth.
- Take care of your personal space.

- Avoid sharing personal household items (dishes, towels, etc.).
- Clean your high-touch surfaces (cell phone, keyboard, tablets, doorknobs, etc.) with a disinfectant wipe or spray.

What preventive actions can I take in my living space?

- Inform others.
 - The CDC offers a number of [printable resources](#) for public use. We encourage you to print and post around your living space any of these resources to assist in education and prevention.
 - Share tips for staying healthy and good hygiene techniques during your next chapter meeting or in your group messages.
- Be prepared.
 - Have disinfectant wipes and hand sanitizer available throughout living space at all times.
 - Make sure that all paper products (tissues, paper towels, toilet paper, etc.) are fully stocked and include enough for two additional weeks before a reorder is needed.

For Sigma Kappa facilities, what additional preventive actions can be taken at the chapter house?

- Talk to your cleaning company.
 - Make sure they are disinfecting all high touch hard surface areas each time they visit the facility. This includes counters, doorknobs, bathroom fixtures, etc.
 - Make sure all bathrooms are fully stocked with soap and paper towels. Make certain there is extra available for restocking in times the cleaning company is not onsite.
- Talk to your food service providers.
 - Make certain you know about their emergency plans and who you should speak to with questions.
 - Ask about the nonperishable food items they have available and ensure there is supply for up to two weeks if needed.

Should you have any questions, or if we can offer additional support, please reach out. Staff is continuing to monitor the virus and will communicate recommendations or changes to upcoming events as necessary.