Dear Rubenstein Colleagues,

I am writing to provide an update on COVID-19, coronavirus, planning within the Rubenstein School. The Leadership Team and I are monitoring the recommendations made from the university, state, and CDC.

Please watch for more guidance and information that we will share as necessary and as appropriate. We will monitor and keep you informed.

Here are immediate actions that you can take to help prevent the spread of any virus from the Vermont Department of Health:

- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water aren’t available
- Cover your cough or sneeze with your sleeve or a tissue, not your hands
- Stay home when you’re sick, especially with a fever, except to get medical care
- Avoid close contact with people who are sick
- Avoid touching your eyes, nose and mouth
- Routinely clean and disinfect frequently touched objects and surfaces
- And get your flu shot – flu is still widespread in Vermont

Sincerely,

Nancy