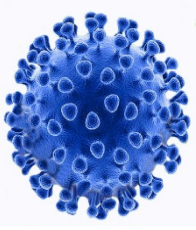


Advisory for essential* work in a University Research Laboratory



There is widespread community transmission of COVID-19 (SARS-CoV-2) in New York City. This means that COVID-19 is actively circulating in the community. Please take crucial measures to keep the virus from spreading further. We want to advise laboratory personnel working in essential research laboratories **to take the following steps to help keep the virus from spreading further while they work:**

- **Stay home if you are sick.**
- **Maintain at least 6 feet of separation from others, when possible.**
- **Limit the total number of people in the laboratory at any one time to 2-3**
- **Practice essential prevention hygiene: frequent handwashing, coughing/sneezing into your elbow or a tissue (and throw away); sanitizing high-touch surfaces including touchscreens; avoiding touching your face with unwashed hands; waving/elbow bumping instead of shaking hands; do not share food or drink.**
- **In general, even if you are not feeling sick, stay home as much as possible and practice social distancing.**

Older adults or those who have other serious chronic health conditions, including chronic lung disease, heart disease, diabetes, cancer or a weakened immune system, are especially at risk for severe illness and must stay home as much as possible to avoid exposure.

If you have symptoms (cough, fever, shortness of breath, sore throat), stay home. If your symptoms are mild, you do not need to seek medical care. If you are a member of a higher risk group or your symptoms are severe, such as difficulty breathing, contact/call your primary care provider (PCP). Many providers have a virtual care platform, telehealth or telemedicine, so that a patient can meet with a healthcare professional by video conference or telephone. Depending on the severity of your symptoms, your provider can determine whether or not you need to be evaluated in person. Avoid contact with others, and if you need to leave your home when sick, put on a face mask or cover your mouth and nose with a scarf or bandanna. In about 80% of cases, symptoms resolve by themselves with supportive care (including rest, fluids, and taking fever reducing medications such as Tylenol).

Additional information available:



- University Preparedness <https://preparedness.columbia.edu/>
- Morningside COVID-19 <https://www.columbia.edu/content/coronavirus>
- CUIMC COVID-19 <https://www.cuimc.columbia.edu/coronavirus-information>
- Research at Columbia FAQs <https://research.columbia.edu/covid-19-novel-coronavirus-frequently-asked-questions-relating-research>
- Workforce Health & Safety hotline 6 am-11 pm, 7 days a week, **(646) 697-9470**
- New York Presbyterian Hospital hotline staffed by PAs **(646) 697-4000**
- Employee Assistance Program (EAP) <https://humanresources.columbia.edu/employee-assistance>
- NYC DOHMH <https://www1.nyc.gov/site/doh/health/health-topics/coronavirus.page>
- CDC <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- WHO <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

*Essential research has been defined as department or Chair approved research, or other research with specific aims related to the COVID-19 pandemic.