

Frequently Asked Questions about COVID-19

What is coronavirus?

A [coronavirus](#) is one of a number of viruses that cause diseases in mammals and birds. In humans, the viruses cause respiratory infections.

What is the coronavirus that is in the news?

According to the [Centers for Disease Control and Prevention](#) (CDC), a coronavirus – initially referred to as 2019 Novel Coronavirus (2019-nCoV) – is a virus identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China.

What is COVID-19?

[COVID-19](#) is the name given by the World Health Organization (WHO) to the new coronavirus. It replaces “2019 Novel Coronavirus and 2019-nCoV.” The word coronavirus refers to the group of viruses it belongs to, rather than this latest strain.

How does COVID-19 spread?

When person-to-person spread has occurred with viruses similar to COVID-19, it is thought to have happened mainly via respiratory droplets produced when an infected person coughs or sneezes.

Please see [How 2019-nCoV Spreads](#) for additional information.

What are the symptoms of coronavirus?

The Centers for Disease Control and Prevention (CDC) has information about the coronavirus available [here](#), including a listing of symptoms:

- Fever
- Cough
- Shortness of breath

Please keep in mind that these symptoms are similar to the [flu](#) and the [common cold](#). Please check with your health care provider if you are experiencing any of these symptoms.

Am I at risk for contracting COVID-19?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older adults
- People who have serious chronic medical conditions like:
 - Heart disease
 - Diabetes
 - Lung disease

Are there any known cases of the COVID-19 in New Jersey?

The State of New Jersey posts information about COVID-19 cases in the state. [Click here](#) to access the dashboard:

Does CCM know of any employees or students who have the COVID-19?

As of March 18, 2020, the college did not have any known cases.

How can the spread of coronavirus be prevented?

If you are feeling ill, the CDC recommends that you:

- Stay home except to get medical care
- Separate yourself from other people in your home
- Call ahead before visiting your health care provider
- Wear a facemask
- Cover your coughs and sneezes
- Wash your hands
- Avoid sharing household items
- Monitor your symptoms

Please see [Preventing COVID-19 Spread in Communities](#) for additional information..

Additionally, the WHO's [standard recommendations for the general public](#) to reduce exposure to and transmission of a range of illnesses are as follows, which include hand and respiratory hygiene, and safe food practices:

- Frequently wash your hands with soap and water or use an alcohol-based hand sanitizer.
- When coughing and sneezing, cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands.
- Avoid close contact with anyone who is coughing or sneezing.
- If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider.

Should I be traveling?

Visit the [CDC's Coronavirus Disease 2019 Information for Travel](#) for the latest information on travelers and travel related industries.

Self-monitor for symptoms for 14 days if you return from an affected area, per recommendations from the [WHO](#).

Will CCM close due to COVID-19?

Governor Murphy has mandated the closing of K-12, higher educational institutions, various businesses, etc. beginning on March 18, 2020 until such a time that conditions are deemed safe for our employees and students. In-person instruction ceased as of March 13, 2020 and instructional learning will transition to online instruction beginning March 30, 2020.

Will all on-campus events be cancelled?

CCM has cancelled, postponed or modified many of the events and activities that were scheduled to take place this spring. A list of these events and activities is posted on the [COVID-19 Information Center](#). This list is subject to change with minimal notice, and will be updated as necessary.