

COVID-19 Precautions during your upcoming WMTC course

On Wednesday, March 19th, the World Health Organization designated COVID-19 a pandemic. While persons over 80 years old are at the highest risk for fatal complications, the median age of severe complications is 60; nonetheless, younger adults are still at risk. If you are between 20 and 60 years old and have a chronic condition—especially a respiratory condition, diabetes, cancer, are immune compromised, or have a heart condition—consult your physician and consider not attending the course. Please refer to the [CDC website](#) for the most current information on the virus.

Since the situation is both fluid and worsening, there is an increasing likelihood that your course may cancel. The decision to cancel the course, should it occur, will be made by the CDC, WHO, federal, state, and county officials independently or in coordination with the course sponsor, or by WMTC.

Should your course cancel:

1. The course sponsor will notify you by email and may follow-up by phone.
2. We will do our best to reschedule the course, along with the original instructor(s).
3. Refunds or credit towards a future course are the responsibility of the course sponsor, and the sponsor will contact you separately via email with details.

Primary transmission of the virus is via respiratory droplets through coughing, sneezing, or the transfer of a droplet to your nose, mouth or eyes. Should your course move forward as scheduled, we ask that you assist the course sponsor and us in protecting yourself and others during the course in the following manner:

1. **Wear** gloves during all simulations and avoid touching your face while wearing them.
2. **Wash** your hands thoroughly during breaks and after labs and simulations. If soap is running low, please request more from the course sponsor.
3. **Avoid** touching your face with unwashed hands; **cover** your nose or mouth with your elbow if you sneeze or cough. Commercial or homemade masks are currently required, please bring your own.
4. **Avoid** sharing water bottles and food.
5. Disinfect communal surfaces, including medical equipment, throughout

the day by wiping them down with disinfecting wipes or bleach spray provided by the sponsor.

6. **Bring** hand sanitizer with you to the class to supplement that provided by the sponsor; use it throughout the day.
7. Outside of class, **follow** social distancing guidelines and maintain 6 feet (2 meters) of space between people.

To protect those around you:

1. **Self-monitor.**
2. Bring a thermometer and check your temperature before class, at lunch, and before a scheduled evening session. If you have a fever above 100.4, please go home and self-quarantine.
3. If you are sick, please self-quarantine and consult a physician regarding testing; do not come to class.
4. If you become ill during the course, your instructor or the course sponsor will ask you to leave. You may return if COVID-19 testing—not currently available in most areas—is negative.

Please contact me at the WMTC office if you have any questions.

Sincerely,

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Director

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