

3-2-20

Dear Campus Community,

The College of Nursing continues to monitor the [Coronavirus Disease 2019 \(COVID-19\)](#) and is providing this update to encourage you to be conscientious regarding spring break travel plans or other impending international travel.

We are closely following information from the [Virginia Department of Health](#) and the Centers for Disease Control and Prevention (CDC), as the situation evolves globally.

In light of the recent developments, the CDC is currently recommending all travelers avoid nonessential travel to [China](#), [South Korea](#), [Italy](#) and [Iran](#), and is urging enhanced precautions in [Japan](#). The CDC has a [Spring Break Travel Website](#), which is a helpful resource to review before any international travel.

Please be aware that if you travel to **China, South Korea, Italy** or **Iran** over spring break you will need to follow the CDC standards regarding re-entry into the United States.

As with most illnesses, please practice preventative health measures that include:

- Cover your nose and mouth when coughing or sneezing. Dispose of any tissue immediately after use.
- Wash your hands often with soap and water and/or use alcohol-based hands cleaners.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with sick people.
- **Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- If you become ill following your return from a trip, please consult your [local health department](#) promptly.
- Stay home if you exhibit the following symptoms: fever (above 100 F), cough, and shortness of breath.

Updates regarding COVID-19 and any potential impact to the College community will be shared as they become available. No cases have been confirmed in Virginia at this time.