

29 January 2020

RE: Off-Campus Study & the Novel Coronavirus (2019nCoV)

Dear Colgate faculty, staff, and students currently abroad or planning to travel internationally,

The [2019 Novel Coronavirus](#), a new virus which originated in central China, has resulted in daily announcements about precautionary practices by governments, health authorities, educational organizations, and the travel sector*. While Colgate University has no formal off-campus programming in China this semester, we want to provide the following informational advisory.

The [Centers for Disease Control](#) (CDC) is monitoring confirmed cases in the US and around the world. As of January 30, there are no confirmed cases in the state of New York. At this time, there is no need to change any routine activities or behaviors.

Symptoms

Coronaviruses can cause respiratory illness in people that will be very familiar. Symptoms of this disease include:

- Runny nose
- Headache
- Cough
- Sore throat
- Fever
- A general feeling of being unwell

At this time, the incubation period from exposure to illness is believed to be within 14 days.

Treatment

There are no specific treatments for human coronaviruses. Most people with common human coronavirus illness recover on their own. However, you can do some things to relieve your symptoms:

- take pain and fever medications (Caution: do not give Aspirin to children)
- use a room humidifier or take a hot shower to help ease a sore throat and cough
- drink plenty of liquids - avoid becoming dehydrated
- stay home and rest

Prevention

In general, practicing routine hygiene etiquette is the best way to prevent the spread of infection:

- wash your hands often with soap and water for at least 20 seconds
- avoid touching your eyes, nose, or mouth with unwashed hands
- Practice coughing and sneezing etiquette by sneezing/coughing into your elbow
- avoid close contact with people who are sick
- If sick, stay home to avoid spreading the illness, especially if you have a fever. You should be fever-free before resuming normal activities.
- After using a tissue when you cough or sneeze, throw the tissue in the trash and wash your hands

- clean and disinfect objects and surfaces - especially bathroom/kitchen

Persons confirmed to have 2019-nCoV are being quarantined.

If you suspect **you have been exposed to 2019-nCoV** or feel ill, tell your study group director or onsite program advisor and seek medical care immediately. Please also contact the office of [Off-Campus Study](#) at 315-228-7216 to let us know you are unwell. You may contact [Colgate's Student Health Center](#) at 315-228-7750 or Campus Safety 24/7 at 315-228-7911 (ask for the dean on call). If you are ill, stay in touch with your study group director or on-site program advisor so they are aware of your well-being; ask for help if you need it.

***Travel**

Most off-campus programs are already on-site. However, for those of you traveling in the next month(s), you could experience airport delays because of health screenings. Prepare to arrive early for your departing flight abroad, and be patient after landing if you are asked to participate in a health screening. The European Union just announced that screenings will also be in place in land border crossings. These measures are for your safety.

Do not travel if you are feverish; travelers who are sick face the risk of being quarantined and/or undergoing tests.

On January 30, 2020 The [US State Department](#) issued a Level 4 travel advisory for all of China - the highest possible prohibition against travel. The Level 4 (includes Afghanistan, Iran) means that Colgate University bans any Colgate-business or educational travel there.

If you plan to travel **internationally**, you should adhere to the directions of the [U.S. Department of State](#) and the [Centers for Disease Control and Prevention](#). [International SOS](#) (ISOS) is monitoring the outbreak and provides [advice to travelers](#). Use Colgate's membership number (11BSGC000073) to log in for detailed information.

As this is a rapidly developing situation, it's important that you check the websites shared here regularly for updates, and pay attention to news reports. Follow the recommendations of international and local health authorities. Also if you are attending a non-Colgate program, please follow the provider's directions as well.

Student Health Services and the Office of Off-Campus Study will remain in frequent contact to discuss any further recommendations.

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