

From: List Server of ESU Campus-Community List

Sent: Friday, March 6, 2020 4:06 PM

Subject: ESU COVID-19 Update for March 6, 2020 from President Marcia G. Welsh

To All WARRIORS,

As we prepare for spring break that starts tomorrow (March 7- 15), I'd like to remind everyone to be safe, particularly in light of the COVID-19 (Coronavirus) that now leads major news coverage and has become a hot topic of conversation. As you leave campus, we would like to assure you that ESU has not had any reported or confirmed cases of COVID-19. However, we have learned earlier today that there are currently presumed positive cases in Pennsylvania (<https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>).

Know, too, that we continue to monitor developments related to COVID-19 (Coronavirus) every day, throughout the day. To that end, and as a safety measure in the best interest of our students, faculty and staff, the University has opted to suspend all official study abroad programs, spring break service trips, and travel for University business or to conferences, nationally and internationally, effective March 6, 2020, until further notice. As an alternative to traveling on University business, consider (when possible) using remote access via Zoom, Skype, etc. We recognize that this decision has major implications for students and faculty members who have planned travel to study or on behalf of ESU, especially cost implications associated with many of these plans. Please know that the University is doing all we can to request refunds, and we ask for your patience as we continue to conduct these tasks.

Meanwhile, back on campus, an ESU team will continue to monitor the local, regional and national reports involving COVID-19 and plan for any emergency situation that may come our way. But we will also be asking all of you – students, faculty, staff, friends and family – to use good health habits during break. It's critical that you take care of yourself and also look out for those around you. If you are sick we encourage you to **stay home**. Other precautions are:

1. **Avoid close contact** with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
3. **Cover your mouth and nose** with a tissue, not your hand, when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses are spread by cough, sneezing, or unclean hands.
4. **Clean your hands.** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. **Practice other good health habits.** Clean and disinfect frequently touched surfaces (i.e. doorknobs, keyboards, and phones) at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

COVID-19 symptoms may appear 2-14 days after exposure. According to the CDC, reported illness ranges from mild to severe with the most common symptoms being fever, cough and shortness of breath. If you develop these symptoms or have been in close contact with a person known to have COVID-19 or have traveled from an area known to have widespread COVID-19, please call your doctor immediately.

You are a valued member of the ESU community. Please take these precautions seriously. If you have any questions about this information, visit ESU's COVID-19 webpage at <https://www.esu.edu/health-and-wellness/coronavirus.cfm>. This website will also link you to other important websites about COVID-19. Thank you and be safe!

Marcia G. Welsh, Ph.D.
President