

# Information Regarding Coronavirus

March 4, 2020

The wellbeing of all members of the UMHB community is our highest priority. To that end, university officials have been closely monitoring the global threat posed by the new coronavirus (COVID-19). Now, with UMHB's spring break approaching and the virus spreading beyond China, we are writing to provide new information and updates.

## Spring Break Travel Advice

Based on guidance from the CDC and State Department, the university strongly recommends against personal travel to China, South Korea, Italy, and Japan during spring break (March 7 to 15) or anytime in the foreseeable future. This situation remains very fluid, and other countries could be added to these advisories in coming days and weeks. If you do choose to travel internationally, please keep the following in mind:

- Understand and routinely check any travel and border restrictions in transit, at your proposed destination, and upon your return, such as denial of entry or a mandatory 14-day quarantine on arrival.
- Allow additional time for arrival procedures, or when passing through affected area airports, taking into account temperature and health screenings.
- If you are traveling or transiting from COVID-19 affected areas, anticipate more stringent scrutiny and reconfirm the status of flights with your carrier or the airport.
- Follow all official directives by authorities.
- Monitor developments through the U.S. State Department and CDC websites.
- Do not travel if you are sick; travelers who are sick risk being quarantined.

## Study Abroad / Mission Trips

UMHB is monitoring study abroad programs and mission trip opportunities. At this time, the university has cancelled trips to China in accordance with the UMHB travel policy which stipulates that graduate and undergraduate students are not permitted to undertake official travel to regions designated Advisory Level 3 (Reconsider Travel) or 4 (Do Not Travel) by the United States Department of State. We will continue to monitor

news out of all regions, and will, when merited, restrict access to areas that we believe might present some risk to students, faculty, and staff.

### **Health Advice**

It cannot be emphasized enough that good self-care habits are vitally important, including:

- Wash your hands often with soap and water or use a hand sanitizer with at least 70 percent alcohol.
- Cover your cough.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Do not share food or drinks.
- If you get sick, stay home and rest.

### **On Campus**

We have no reason to believe there is any risk to anyone on the UMHB campus, and the American College Health Association has advised that there still is “no basis for changing business as usual regarding housing, campus events, and other circumstances under which large groups of people will be gathering.”

If you have health concerns or symptoms related to COVID-19, contact the UMHB Health Services Center at (254) 295-4623 from 8:00 a.m. - 5:00 p.m. weekdays or after hours at [healthservices@umhb.edu](mailto:healthservices@umhb.edu). It is advisable that you be evaluated by a healthcare provider, and the staff at the Health Services Center can give you special instructions for how to minimize exposing others until your symptoms are checked.

The university will continue to closely monitor this health risk and provide updates when warranted.

***If you would like more information about COVID-19, please visit:***

Department of State Health Services

- <https://dshs.texas.gov/coronavirus>

Centers for Disease Control and Prevention

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>