

Feb. 26, 2020

Dear students and colleagues,

As a follow up to President Castro's email to the campus community on January 29, I am writing to share and reiterate factual information regarding Coronavirus 2019 (COVID-19).

Fresno State continues to monitor closely guidance provided by the Fresno County Department of Public Health (FCDPH), which in turn, is working actively with state and federal health authorities to identify ill individuals and protect public health. **At the time this email message is distributed, there have been no suspected cases of Coronavirus 2019 (COVID-19) in Fresno County.** The risk of transmission of coronavirus in the county remains low, based on current information. We will provide prompt updates should the situation change.

I want to clarify local news reports about approximately 55 people in Fresno County who were told by public health officials to stay home and self-monitor their symptoms for two weeks. Those people, who are not affiliated with Fresno State, underwent the self-monitoring program because they had either traveled to China recently or been in contact with someone who traveled there, according to Fresno County Public Health Officials. It is important to note that the monitoring operation is not an official quarantine as there are **no confirmed cases in Fresno County at this point.**

Please note that hand-washing with soap and water continues to be a top recommendation to protect against the virus, since the abrasiveness of soap helps remove infectious particles from the hands.

What else can you do to keep healthy? There are steps each of us can take to reduce our chances of getting ill — whether from the coronavirus, the flu or a plain, old-fashioned cold.

1. Treat Yourself Well

- Eat healthy.
- Maintain good sleep habits.
- Manage stress.
- Drink plenty of fluids and eat nutritious food.

2. Make It Hard for Viruses to Spread

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash; or cough or sneeze into your upper sleeve, not your hands.
- Clean and disinfect frequently touched objects and surfaces.
- Check with your health-care provider whether obtaining the influenza vaccine is advisable for you.

3. Think of Others

- If you feel ill, call or email a health provider for advice.
- Stay home or reduce contact with others until your symptoms subside.

For more information on coronavirus, I encourage you to visit the [Centers for Disease Control and Prevention website](#), and use it as a primary source of current and accurate information.

Please contact your health-care provider (faculty and staff) or [the Student Health and Counseling Center](#) (students) if you have any additional questions.

Lastly, please rely on information linked to directly from this message and be aware that other sources may not reflect the most current and accurate information.

Please take care of yourself by following the tips listed above.

Sincerely,

Janell Morillo, Ed.D.

Associate Vice President, Student Health, Counseling and Wellness

Fresno State