

Jan. 29, 2020

Dear Campus Community,

As widely reported in the media, an outbreak of respiratory illness caused by a new Coronavirus (named 2019 Novel Coronavirus) has been identified starting in the city of Wuhan, China. Currently, five cases have been confirmed in the United States.

Fresno State is monitoring 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 2019 Novel Coronavirus in Fresno County.**

What 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 the Novel Coronavirus, visit the [Centers for Disease Control and Prevention website](#).

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

In addition, Fresno State is following the recommendations from the [Centers for Disease Control and Prevention](#) (CDC) and the [U.S. State Department](#) advising travelers to reconsider or avoid all nonessential travel to China. As such, we are suspending institution-related travel, such as travel abroad or other academic program visits, to China for the spring semester. This travel restriction is similar to restrictions many universities, businesses and organizations across the U.S. have implemented. On a related note, no Fresno State students are currently studying in China, and there are no faculty or staff on University-related business there.

Lastly, please rely on information that links 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. I wish you all a healthy and successful spring semester.

Sincerely,

Joseph I. Castro, Ph.D., M.P.P.
President