We hope the start of your semester is going well. As we are in the midst of cold and flu season, we want to remind all students of these every day habits that can help prevent the spread of several viruses, including influenza and coronavirus, which have similar symptoms.

* 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.
* Stay home when you are sick.
* Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
* Clean and disinfect frequently touched objects and surfaces.

We have seen recent cases of influenza at the Student Health Center and highly recommend the above preventive actions as well as vaccination. Flu vaccine is available at Student Health Monday through Friday from 9am to 11:30am and from 1pm to 4pm. No appointment is necessary.

Additionally, we want to address concerns related to a communicable disease outbreak in China. The Centers for Disease Control and Prevention (CDC) continues to closely monitor an outbreak of respiratory illness caused by a novel (new) coronavirus (termed “Coronavirus”) that was first detected in Wuhan City, Hubei Province, China. Many cases have been reported in China. There have also been cases identified in travelers from Wuhan to other parts of China and the world, including the United States. You can find more information as the situation evolves on the [CDC website](https://www.cdc.gov/coronavirus/2019-ncov/index.html), or read this very informative [CDC travel notice](https://wwwnc.cdc.gov/travel/notices/watch/novel-coronavirus-china).

The Student Health Center is following CDC guidance and recommendations, and is prepared to work with our campus partners and local health department as needed. In general, the risk to the American public is considered to be low at this time, but the CDC advises against all non-essential travel to Hubei Province, including Wuhan City. We will keep you updated if new recommendations are made as this situation evolves.

If you have recently returned from China (particularly from Wuhan City/ Hubei Province) please see this [Health Alert](https://www.cdc.gov/media/dpk/diseases-and-conditions/coronavirus/pdfs/THAN_JPEG-version.pdf) from the CDC. If you feel well, please follow the above advice as you go about your daily activities. If you develop a cough, fever, or shortness of breath within 14 days of travel, please call the Student Health Center at 314-977-2323 right away. If it is after hours, ask to be transferred to our nurse.

Please call the Student Health Center with any questions or concerns 314-977-2323.

Respectfully,

The Student Health Center Staff