

March 3, 2020

Dear Students,

As spring break approaches, **I want to take a few minutes to urge you to reconsider international travel.** The health and safety of our students is our highest priority, and as you know there are growing concerns worldwide about the Novel Coronavirus 19 (COVID-19).

While the impact of COVID-19 is still focused in certain areas, the situation is dynamic and changing every day, and it is important to keep in mind the Center for Disease Control's (CDC) current and evolving [travel warnings](#), and the U.S. Department of State's [travel advisories](#), and the World Health Organization's (WHO) [travel advice](#).

**If you decide to travel**, please continually evaluate local conditions at your intended destination. Because the situation is fluid, there is a possibility that any country you visit may decide to implement new or different restrictions while you are outside the U.S. Additionally, you there may be flight cancellations and additional quarantine measures or restricted re-entry on your intended return to the United States.

If you travel outside the United States, think about purchasing travel insurance in case of an interruption to your plans. If you purchase travel insurance, **make sure it covers epidemic situations** (many do not) and the areas to which you want to travel.

Watch for the updates on the CDC's website regarding travel precautions to specific areas, and keep in mind **basic hygienic practices to protect yourself**:

- void contact with sick people.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Discuss travel to any impacted area with your healthcare provider. If you are visiting family, be aware that older adults and travelers with chronic medical conditions may be at risk for more severe disease. You may become a carrier without being aware.
- Clean your hands often by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains 60%–95% alcohol. Soap and water should be used if hands are visibly dirty.
  - It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.

If you find yourself in one of the impacted areas (or the situation changes while you are traveling), and feel sick with fever or cough, or have difficulty breathing, the CDC recommends the following:

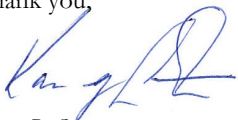
- Seek medical advice. Call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean your hands often by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains 60%–95% alcohol immediately after coughing, sneezing or blowing your nose. Soap and water should be used if hands are visibly dirty.

Another thing to consider is whether you may need to self-isolate (self quarantine) after your return to campus if you have been in one of the affected areas.

We're happy to sign your I-20 or DS-2019 for travel, but please keep the current travel risks at the front of your mind as you make your plans for the break. There are lots of places within the United States to visit, many of them within a quick drive of Greeley.

**CIE will have an online open forum next week to address additional issues on and off campus, but in the meantime, please let us know what questions and concerns you have. We are here to support you.**

Thank you,



Kara LaSota

Director, International Student and Scholar Services, PDSO/RO