

From: [UofL Update,Service Account](#)
To: [UofL Update,Service Account](#)
Subject: Campus Health update on coronavirus, Spring Break
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UofL Students, Faculty and Staff,

As news of the novel coronavirus (COVID-19) continues to dominate the news, we have received questions from members of the UofL community who are planning to travel during Spring Break beginning later this week.

UofL and the Commonwealth of Kentucky still have not experienced any documented cases of COVID-19. Still, we encourage travelers taking private trips to be aware of the spread of the illness in several states and countries. We recommend that travelers pay close attention to the Centers for Disease Control and Prevention risk levels, information being released from destination countries, and updates from air carriers prior to departure and while abroad.

For those who choose to travel outside the United States, we strongly recommend seeking an assessment with a health care provider upon return. In most cases, this can be done by phone. **Campus Health Services can provide such an assessment at 502-852-6479.** Those traveling to Level 3 countries as determined by the CDC are required to notify Campus Health prior to returning to campus.

Please note that the possibility exists countries experiencing an outbreak could suspend travel, resulting in travelers being stranded.

To help reduce the spread of any illness, including the flu, health care professionals suggest taking the following steps:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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 using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Again, UofL has seen no positive cases of coronavirus and will continue to follow CDC and federal recommendations. Updates will be available on the [Campus Health website](#).

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