ALL ACADEMICS, STAFF AND STUDENTS AT UC SAN DIEGO - Including Health

SUBJECT: Novel Coronavirus Webinar on Jan. 30, 4:30 to 5:15 p.m.

On Thursday, Jan. 30 from 4:30 p.m. to 5:15 p.m., the campus will host a webinar (https://uchealth.zoom.us/j/353087224) with UC San Diego Health experts to offer information and advice regarding the ongoing situation with the 2019 Novel Coronavirus (2019-nCoV). UC San Diego continues to be vigilant in monitoring the progression of this outbreak and understands that members of the campus and community are concerned about its potential impacts. Francesca Torriani, MD, UC San Diego Health's Director of Infection Prevention and Hospital Epidemiology and an Infectious Diseases specialist and Stacie San Miguel, MD, Director of Medical Services for UC San Diego Student Health Services, will provide an overview of the situation, followed by a Q&A. Webinar topics include recommendations on preventative measures and UC San Diego’s plan to identify, treat and contain any potential cases of 2019-nCoV diagnosed within the UC San Diego community. See details below for how to participate:

- UC San Diego Novel Coronavirus Zoom Webinar
  https://uchealth.zoom.us/j/353087224
- Webinar ID: 353 087 224
To call in:
- US: +1 669 900 6833  or +1 646 876 9923
- International numbers available: https://uchealth.zoom.us/u/aBr5ob91P

For those unable to participate in the webinar, it will be archived online on Blink at https://blink.ucsd.edu/safety/resources/public-health/coronavirus.html.
In addition, this Q&A provides helpful information about 2019-nCoV:

Q: Is 2019-nCoV spreading in the U.S.?

A: No. At this time, there is no evidence of transmission to other people in close contact with the five persons in the U.S. identified with 2019-nCoV. The confirmed U.S. patients had all visited the city of Wuhan, China where the virus was first identified. To repeat, to date, the 2019-nCoV virus has not been found to be spreading in the U.S.

Q: How can I protect myself?

A: The best way to prevent infection is to avoid being exposed to this virus. Everyday preventive actions to reduce exposure include:

- 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. If no tissue is available, cough into your sleeve or clothing—not your hands.
- Clean and disinfect frequently touched objects and surfaces.

Q: I am a student and think I may have a respiratory virus. Can Student Health Services help me?

A: Yes. Student Health Services has developed triage screening (by phone and at front desks) and implemented additional protocols to identify persons who might be infected with 2019-nCoV. Please call 858-534-3300 for guidance and to determine if you need to be seen by a provider. You may also go to https://myStudentChart.ucsd.edu/shs/ and log in with your Student AD to send a message to “Ask-a-Nurse.”

Q. Does a student with respiratory illness need to visit Student Health to receive a note to be excused from class?
A. The student should call Student Health Services to be evaluated. If the student is advised by Student Health to avoid public areas, this guidance will serve as a “note” to excuse the student from class.

Q: Should I wear a respiratory mask on campus?

A: It is not necessary to wear a respiratory mask unless you have traveled from Hubei Province, China in the past 14 days AND you have symptoms of an active respiratory illness—such as fever and coughing or sneezing—or if you have other health reasons to wear a mask. Student Health provides masks to students being evaluated who have a fever or respiratory symptoms, regardless of insurance.

Q: I feel anxious about the news and want to talk about it. Does the university have resources for me?

A: Yes. If you are experiencing heightened feelings of anxiety about the virus and would like to access counseling services, there are resources available.

• If you are a student, please call Counseling and Psychological Services (CAPS) at 858-534-3755.
• If you are a campus employee, call the Faculty and Staff Assistance Program (FSAP) at 858-534-5523.
• If you are a UC San Diego Health employee, please contact your Employee Assistance Program provider aligned with your medical coverage or call 619-543-3200.

Q: How are our international students and scholars being guided at this time?

A: UC San Diego is evaluating the locations of our international students and scholars and providing guidance to individuals who may travel to high-risk areas in China. Currently, no UC San Diego student is studying abroad in these high-risk locations. At this time, the CDC recommends travelers to avoid all nonessential travel to China. It also recommends that travelers practice everyday health precautions, including avoiding close contact with people who are visibly sick, practicing excellent hand hygiene and covering coughs and sneezes.
We will continue to communicate with you as new information is learned. Please visit the CDC website, which is updated daily, for the latest information. 

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