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

Subject: UC San Diego Coronavirus Preparedness and Planning

The news of the spread of COVID-19 and its implications for the health of many around the world is concerning. At this time, the risk to the general public and to San Diegans remains low and there have been no reported cases at UC San Diego. However, we want to remind you of some standard health practices that can prevent the spread of COVID-19 in our community. These same practices also prevent the spread of the seasonal flu virus which is very active throughout the country right now. They include:

1) Wash your hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer
2) Avoid touching your eyes, nose and mouth with unwashed hands
3) Avoid close contact with people who are sick and stay home if you are sick
4) Cover your cough or sneeze into your sleeve or a tissue, then throw the tissue in the trash
5) Clean and disinfect surfaces that are frequently touched

There is currently no need to cancel classes or other events at UC San Diego. The campus continues to monitor the progression of the virus and coordinate with federal, state and local public health officials so that we remain fully prepared. UC San Diego has extensive and thorough emergency procedures, and we will do everything possible to ensure the health and safety of our community. As part of our planning, we are helping departments take steps to minimize disruptions to student learning and ensuring students and employees who may become ill are supported so they can stay home and recover.

If you are considering travel, be sure to check the latest travel advisories at [https://wwwnc.cdc.gov/travel/notices](https://wwwnc.cdc.gov/travel/notices), which currently recommend avoiding nonessential travel to China, South Korea, Italy and Iran. Also keep in mind that the situation is fluid and other countries can always add or change travel restrictions, flights may be canceled, and new re-entry restrictions or quarantines could be imposed. Please be sure to provide family and friends with your itinerary and contact information before you travel.

If you develop flu-like symptoms—fever, cough and difficulty breathing—please seek medical attention. Students should call Student Health Services at 858-534-3300 for guidance and to determine if you need to be seen by a provider. Students may also go to [http://myStudentChart.ucsd.edu/shs/](http://myStudentChart.ucsd.edu/shs/) and login with
your Student AD to send a message to “Ask-a-Nurse.”

Faculty and staff should call their health care providers. Please always call ahead before arriving.

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.

UC San Diego will continue to keep you informed by providing the most reliable and up-to-date information possible on the new COVID-19 webpage on UC San Diego Newsroom, which can be found at https://ucsdnews.ucsd.edu/covid-19.

Finally, we want to remind you that UC San Diego is a proud community of international scholars. We should not make assumptions about others’ perceived symptoms (a cough or fever is not uniquely associated with COVID-19) or any characteristics of their identity (the virus is now impacting diverse nations and populations around the world). We thrive when we respect one another and stay committed to each other’s well-being. Your continuing compassion and empathy will make a tangible difference on our campus.

Pradeep K. Khosla
Chancellor

Elizabeth H. Simmons
Executive Vice Chancellor