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

SUBJECT: 2019 Novel Coronavirus Webinar Feb. 6/IMPORTANT UPDATE for the UC San Diego Community

UC San Diego continues to be vigilant in monitoring the progression of the 2019 Novel Coronavirus (2019-nCoV) and is responding as additional information becomes available. Despite the declaration by the World Health Organization of a public health emergency of international concern, it is important to note that there are no known confirmed cases of 2019-nCoV in San Diego at this time.

Our leadership and health care experts are in continuous contact with the CDC, the California Department of Public Health, and San Diego County Public Health for updated information on the outbreak. Please join us Thursday, Feb. 6 from 5 to 5:45 p.m. for the campus’ second webinar featuring UC San Diego’s health experts who will share the latest advice from these local, national and international health agencies regarding the ongoing situation with the 2019 Novel Coronavirus (2019-nCoV).

Francesca Torriani, M.D., UC San Diego Health’s Program Director of Infection Prevention and Hospital Epidemiology and an Infectious Diseases specialist, and Stacie San Miguel, M.D., Director of Medical Services for UC San Diego Student Health Services, will share their expertise, and recommendations on preventative measures. In addition, they will relay UC San Diego’s plan to identify, treat and contain any potential cases of 2019-nCoV diagnosed within the UC San Diego community. Drs. Torriani and San Miguel will be joined by Alysson Satterlund, Vice Chancellor for Student Affairs who will be a part of the question and answer section of the webinar to address student queries and concerns. All faculty, students, and staff are encouraged to participate. See details below:

- UC San Diego Novel Coronavirus Zoom Webinar [https://uchealth.zoom.us/j/353087224](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](https://uchealth.zoom.us/u/aBr5ob91P)

- For those unable to participate in the webinar, it will be archived
TRAVEL UPDATE:
With increasing concern about global spread of the nCoV, the U.S. State Department has issued a Level 4 travel advisory (https://bit.ly/2Op1GD4) related to travel to and from China. Under this advisory, all non-essential travel to China by U.S. Government personnel has been suspended. President Napolitano has directed that the UC community temporarily avoid all non-essential travel to China. Each UC campus and medical center has been directed to develop a process to determine if travel to China is essential or can be postponed.

UC San Diego’s interim policy is consistent with this policy and can be found at http://adminrecords.ucsd.edu/Notices/2020/2020-2-3-3.html. It is not intended to be a travel ban since UC San Diego faculty, staff and students may have legitimate reasons to travel to China for essential purposes and/or personal emergencies.

Travelers should practice easy health precautions, including avoiding close contact with people who are visibly sick, practicing excellent hand hygiene and covering coughs and sneezes.

The CDC has expanded the area of travel concern to encompass mainland China and created a framework to identify and isolate patients meeting criteria for 2019-nCoV testing Patients Under Investigation (PUI). The criteria are based on the highest to lowest probability of infection, ranging from those who have been in close contact with a patient with a laboratory confirmed diagnosis of 2019-nCoV and who are experiencing fever or cough to those who have traveled to China within 14 days of symptom onset and who are experiencing fever and cough or shortness of breath.

Asymptomatic persons who have traveled to mainland China within the past 14 days should self-monitor for symptoms of acute respiratory infection including fever and cough or other flu-like symptoms. Any person with these symptoms and an exposure to a patient diagnosed with 2019-nCoV or travel to China within the past 14 days should immediately contact their primary care provider; students should contact Student Health Services (SHS).

Students with travel history within the past 14 days and with fever or cough should contact SHS (858-534-3300) for guidance and to determine if they need to be seen by a provider. Students may also go to https://mystudentchart.ucsd.edu/shs/ and login with their Student AD to send a message to “Ask-a-Nurse”. While awaiting a medical evaluation, students should take precautionary steps to reduce possible exposure to others by covering your cough and sneezes, washing your hands frequently.
and avoiding close contact (less than 6 feet or 2 meters) with other people.

Marine Corps Air Station Miramar is one of four military bases that have been chosen to house up to 1,000 people who may require quarantine for coronavirus following travel in China. About 250 individuals are expected to arrive in the next few days and be held in federal quarantine for 14 days. Medical personnel on the flights and on base will screen individuals for signs or symptoms of coronavirus. Any person developing signs or symptoms of coronavirus or with other acute medical problems will be admitted to one of four hospitals in the region. UC San Diego Health will be working with the San Diego Public Health Department to support these individuals if needed.

The situation is fluid and therefore be prepared to act should there be any changes to the protocols outlined above.

Q&A ABOUT 2019-nCoV:

Q: Is 2019-nCoV spreading in the U.S?
A: While the number of cases in the U.S. has risen, most cases continue to be patients who contracted the virus during a visit to impacted regions in China. The first instance of person-to-person transmission of the virus in the U.S. was recently identified in the spouse of a recent traveler from China who acquired the virus while in China. Still, according to the CDC risk of acquiring the disease in the U.S. is low. In contrast, the influenza or flu virus is very active in the U.S. right now. According to the CDC, at least 19 million people in this country have become sickened with the flu and 25,000 have died from complications due to the flu.

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 or with an alcohol-based hand sanitizer.
* Avoid touching your eyes, nose, and mouth with unwashed hands.
* Avoid close contact with people who are sick with an acute respiratory illness.
* Stay home when you are sick with an acute respiratory illness. Remember, influenza is a far greater threat for death in the U.S.
* 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: Should I wear a respiratory mask.
A: Masks will not protect you from getting a respiratory illness, while washing your hands often and avoiding touching your face, eyes, nose and
mouth, keeping a distance from people who are sneezing or coughing will help decrease the risk. Mask use is an effective prevention tool in the healthcare environment, for patients with symptoms and healthcare providers. Mask use by the general public has not been shown to be effective.

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

As a community, UC San Diego is firmly committed to creating a culture of inclusion on our campus, a goal we continue to strive toward and from which we will not waver. Respect and dignity for all—regardless of race, ethnicity, gender, sexual orientation, religion, ability or background—are of paramount importance to our mission as an educational institution.

HELPFUL RESOURCES:
* UC San Diego Coronavirus website, which is updated daily: https://blink.ucsd.edu/safety/resources/public-health/coronavirus.html
* The CDC website, which is updated daily: https://www.cdc.gov/coronavirus/2019-ncov/index
* UC San Diego Health intranet--Pulse: https://pulse.ucsd.edu/Pages/coronavirus.aspx

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