

Dear Indiana State University community:

With spring break less than three weeks away, we want to provide guidance and updates regarding the novel coronavirus, known as covid-19.

The safety of our students, faculty, and staff is always our highest priority. University officials have been closely monitoring the situation and taking action based on guidance from the Centers for Disease Control and Prevention (CDC); the U.S. Department of State; and the Indiana Department of Health. There are no known cases of covid-19 in the state. But with the situation evolving, and the spread of the virus increasing globally, ISU continues to prepare for all scenarios.

ISU has restricted university-sponsored travel to China, South Korea, Venezuela, and Italy. Following longtime policy, the decisions were based on the CDC having classified those countries with its highest warning, “Level 3: Avoid all non-essential travel.”

ISU launched a [web page](#) for COVID-19 updates and education. That page is where we will publish all of the latest information relating to ISU's response.

## **Spring break travel**

At time when students, faculty, and staff will be traveling to varied destinations, ISU urges that you monitor travel advisories from the [CDC](#) and the [U.S. State Department](#) in an ever-changing situation. The [World Health Organization](#) and the [Indiana State Department of Health](#) are other resources.

The [American College Health Association](#) advises that “all travelers should thoroughly research their destinations.”

## **Advice from Indiana Department of Health**

- Stay home when you are sick.
- 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. Help young children do the same.
- 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.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Limit close contact, like kissing and sharing cups or utensils, with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Get a flu shot – it’s not too late to be protected against influenza.
- Be aware that facemasks are not needed for the general public.

## **Sycamores support each other**

Even if campus isn't affected directly, some of your fellow Sycamores might be concerned about a family member or friend who is affected directly. We know you will support each other.

## **Be well**

We wish you an enjoyable and safe spring break, and look forward to finishing the semester amid the beauty of spring on our campus.