Dear Campus Community,

As Spring Break is upon us, we understand that many of you are looking forward to enjoying your time off. Here are a few things to keep in mind if your adventures include international travel:

- The Centers for Disease Control and Prevention strongly advises avoiding travel to a country under a Warning Level 3 or higher Travel Health Notice. The following travel guidance related to COVID-19 has been issued:
  - **Italy — Level 3, Avoid Nonessential Travel** — updated February 28;
  - **Iran — Level 3, Avoid Nonessential Travel** — updated February 28;
  - **South Korea — Level 3, Avoid Nonessential Travel** — updated February 24.
  - **China — Level 3, Avoid Nonessential Travel** — updated February 22;
  - **Japan — Level 2, Practice Enhanced Precautions** — updated February 22;
  - **Hong Kong — Level 1, Practice Usual Precautions** — issued February 19;

- Consistent with guidelines from the CDC and Georgia Department of Public Health, travelers originating from, returning from or connecting through countries or regions with a CDC Level 3 or higher travel warning MUST NOT return to the Clayton State University campus until they have been asymptomatic for a period of **14 days** from the date of arrival/return to the United States. Travelers should self-quarantine and follow CDC guidelines.

- CDC guidelines for self-quarantine for those who have visited Level 3 Travel Health Notice countries include:
  - Stay home for 14 days and avoid contact with others. Do not go to work or school during this period;
  - Take your temperature with a thermometer twice daily and monitor for fever;
  - Watch for cough or trouble breathing;
  - Do not take public transportation, taxis or ride-shares;
  - Avoid crowded places and limit your activities in public; and
  - Keep your distance from others (about six feet)

- If you must travel:
o Avoid contact with sick people.

o Avoid touching your eyes, nose, or mouth with unwashed hands.

o Clean your hands often by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains at least 60%–95% alcohol. Soap and water should be used if hands are visibly dirty.
   - It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.
   - Supplies of hand sanitizer, tissues, and other hygiene products may be limited, so consider bringing them with you.

o Avoid traveling if you are sick.
   - The status of countries and/or regions regarding the coronavirus may change. Please monitor the Georgia Department of Public Health and CDC websites while you are traveling to ensure that you have the latest information.

   - If you experience symptoms similar to the coronavirus, please take precautions to self-quarantine and schedule an appointment with your primary care provider or other appropriate health care facility.

   - Clayton State University students, faculty or staff who have traveled internationally, personally or professionally, are requested to contact our Office of Health Services at (678) 466-4940.

All the best,

Dr. Tim Hynes
President