

January 27, 2020 – SUNY Administration to SUNY Colleges

### **Advice on the 2019 Novel Coronavirus to SUNY Students, Faculty, and Staff:**

Recently, a new coronavirus - 2019 Novel (New) Coronavirus - was detected in Wuhan, Hubei Province, China that has not been previously found in humans. This coronavirus can lead to fever, cough and shortness of breath. There are hundreds of confirmed cases in China, including cases outside of Wuhan and additional cases being identified in a growing number of countries internationally, including the United States.

### **Important Health Information For Those Who Have Recently Traveled to China:**

If you recently traveled to China and feel sick with fever, cough or trouble breathing, or you develop symptoms, you should:

- Seek medical care right away. Call ahead and tell them about your travel and symptoms.
- Avoid contact with others.
- Stay home if you're ill and isolate yourself from roommates, except for seeking medical care.
- Avoid further travel until the illness resolves.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and warm water for at least 20 seconds. If unavailable, use an alcohol-based hand sanitizer.

### **Symptoms**

Human coronaviruses commonly cause mild-to-moderate illness in people. Symptoms can include:

- Runny nose
- Headache
- Cough
- Sore throat
- Fever

### **How Does 2019 Novel (New) Coronavirus Spread?**

Since this virus is very new, health authorities continue to carefully watch how this virus spreads. It is known to spread from animals to humans, and it also may be spread from person to person. It's not clear yet how easily Novel (New) Coronavirus spreads from person-to-person. It's important to know this in order to better understand the risk associated with this virus.

### **Prevention**

There are currently no vaccines available to protect against human coronavirus infection. To reduce your risk of infection:

- Wash your hands often with soap and warm water for at least 20 seconds.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.

## **Treatment**

There is no specific treatment available for any coronavirus. People infected with coronavirus should receive supportive care to help relieve symptoms.

## **What to do if you have recently traveled to Wuhan China and become sick?**

If you are a student, contact the SUNY Poly Wellness Center for advice (315) 792.7172. Please call before presenting at the clinic.

If you are a non-student, contact your personal healthcare provider. Please call before presenting at their office or clinic.

## **Additional Resources**

- CDC: [Coronavirus](#)
- World Health Organization: [Coronavirus](#)
- Local NYS County Health Departments  
[https://www.health.ny.gov/contact/contact\\_information/](https://www.health.ny.gov/contact/contact_information/)