

Students and Colleagues:

UW-Parkside is at all times committed to ensuring the health and safety of our students, faculty and staff. This commitment has been especially heightened in recent weeks and days as we strive to understand and address concerns related to the ways COVID-19 could impact our campus. A priority for campus leadership is maintaining an inclusive and welcoming learning environment that is free from bias or discrimination. Any type of harassment based on race or ethnicity will not be tolerated.

As we work to better understand this complex and rapidly evolving outbreak, the UW-Parkside Emergency Operations Committee has been monitoring local, state and federal health offices, as well as other sources of information provided by [EAB](#) and [Johns Hopkins University](#).

I am proud of the work by members of our Emergency Operations Committee and all others on our campus to take proactive steps to keep our community safe, ensure sound preparation, and provide guidance and recommendations. With that in mind, I am sharing the following important updates.

Answers to questions related to COVID-19 or influenza can be found at the UW-Parkside [Student Health and Counseling Center website](#), and the [Centers for Disease Control and Prevention site](#) (CDC). If you have more specific questions, please contact the UW-Parkside Student Health and Counseling Center at 262-595-2366 and continue to watch your UW-Parkside email for updates. Thank you for all you are doing to help keep our campus and community healthy and safe.

UW-Parkside Emergency Operations Committee

Our EOC has been meeting regularly since the initial outbreak. All UW-Parkside emergency and pandemic plans are up to date. The EOC is also in constant communication with local public health departments, who are working with area health clinics, hospitals and emergency medical services.

Travel

We are following [Wisconsin Department of Health Services \(DHS\)](#) guidance and the federal [Centers for Disease Control and Prevention](#) recommendations regarding university travel and study abroad. The latest guidance indicates that travelers returning or arriving from countries with a CDC Level 3 [Travel Health Notice](#) related to COVID-19 [voluntarily self-quarantine](#) for 14 days, and that those returning from a Level 2 country self-monitor and limit interactions with others for 14 days upon arrival in the U.S.

Study abroad

In collaboration with the EOC and university leadership, our Center for International Studies has been reaching out to all students, faculty and staff currently on approved education abroad programs to ensure their safety and to inform them of state and federal guidance. At this point, education abroad programs scheduled for Spring Break will proceed, however the university will continue to closely monitor the situation and make appropriate decisions as needed.

Personal travel

If employees or students are considering travel on their own, it is recommended you maintain awareness of the national and global situations. Please check with [Department of State](#) and the [Centers for Disease Control and Prevention](#) sites for specific travel guidelines and restrictions, including different regulations at specific countries or areas you may be visiting. Also check the [U.S. Consulate](#) web page for the country or countries you are planning to visit for country-specific information. Any employees or students who are returning or arriving from personal travel to any of the restricted countries, please

contact your [local public health department](#). Please note that cases of COVID-19 are being increasingly identified in locations around the world and across the U.S. Exposure to the virus is no longer strictly limited to travel to certain foreign countries.

Conferences or events for university business

Individuals planning to attend conferences or events on behalf of the university should consider receiving confirmation in advance that the event will be held. Escalating concerns over the spread of COVID-19 in large groups may result in a cancellation.

Risk and prevention

The risk for contracting COVID-19 in the U.S. is still very low. Persons are still much more likely to be at risk for influenza. Hence, we continue to recommend preventive measures (see attachment and below), including vaccination against influenza. Check with your health care provider about getting a flu shot. If you do have [influenza-like symptoms](#), such as fever, cough, sore throat, body aches and fatigue, contact your primary care provider and be sure to share any recent travel history or possible exposure.

If you have not already done so, please familiarize yourself with [preventive wellness efforts](#) to avoid this and other viruses:

- 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.
- 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.
- Stay home when you are sick.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Important reminder

If you have traveled and become ill (such as fever, cough and/or difficulty breathing), seek medical advice. Call ahead before going to a doctor's office or emergency room. Tell them about your recent travel.

Personal protective equipment

Regarding surgical masks, these have not been shown to prevent persons wearing them from getting sick, so these are not recommended. The U.S. Surgeon General has also reminded the public that the currently limited supplies of masks should be reserved for our health care workers, who indeed are at greatest risk.

Preparing for a pandemic

Government authorities such as the [Department of Homeland Security](#) highly recommend that persons be prepared for emergencies such as pandemics or natural disasters and keep a supply of needed items on hand.

UW System has launched a central [website](#) intended as a clearinghouse for all relevant guidance. UW System EOC is working to address questions and policy issues related to human resources and finance/travel reimbursements. This information and other guidance was shared in a [letter](#) from

President Ray Cross sent to all UW Chancellors. EAB, an educational research firm in Washington, has provided a valuable [COVID-19 resource center](#), and Johns Hopkins University maintains a [COVID-19 map](#).

I encourage you to follow updates on the UW-Parkside [Student Health and Counseling Center website](#).

Sincerely,

Debbie



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