

**Spring break is almost here, and we wish you a fun and refreshing getaway, or simply time away, as your plans may be.**

As the global outbreak of coronavirus (COVID-19) intensifies, it's important to take precautions and be aware of health risks as well as potential impacts to your travel plans.

If you're planning to travel outside Montana, we offer some simple guidelines to stay healthy and protect our campus community upon your return.

- For travel to countries with Level 2 or 3 Travel Advisories in effect either from the U.S. Department of State or the CDC, please carefully weigh the risks and benefits of your trip. Please see the CDC's guidance on assessing whether to cancel or postpone a trip.
- Keep in mind that due to the fast-changing nature of the COVID-19 outbreak, travel restrictions may be imposed or lifted at any time, for any area or country. Check the status of your destination frequently at:
  - U.S. Department of State
  - CDC
- Take care of yourself. Get enough sleep, eat a balanced diet, drink plenty of water, and remember to pack and take prescribed medications.
- Wherever your travels take you, remember that your best defense against any kind of illness while traveling is proper hand-washing and respiratory hygiene:
  - Avoid close contact with people who are sick.
  - Avoid touching your eyes, nose, and mouth with unwashed hands.
  - 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 product.
  - 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 that contains 60%–95% alcohol.

**Please be aware of the following guidelines in the event you become ill upon your return:**

- If you visited an area with a travel advisory that had a Travel Advisory Level 4 at any point during your travels, please notify [Sandra Bauman, Associate Dean of Academic and Student Affairs](#).
- If you visited an area affected by COVID-19 or were in close contact with someone with confirmed COVID-19 and feel sick with fever, cough, or difficulty breathing within 14 days after you left, please call your healthcare provider immediately to discuss your illness and plan for how you will be seen. **Do not go directly to your healthcare provider without calling first.**

- Avoid contact with others.
- Do not return to class or work.
- Do not travel on public transportation.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others.
- Wash your hands with soap and water immediately after coughing, sneezing or blowing your nose.
- If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%–95% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Finally, this is an evolving situation. Please frequently check your email for updates from our campus and be alert to public health notices and travel restrictions in your area.

Remember that the power to protect our campus communities from coronavirus and flu lies with each and every one of us.