

Campus Update | Novel Coronavirus | January 30, 2020

As you're aware, world health officials are working to contain the novel coronavirus outbreak that began in Wuhan, China.

There are no known cases of 2019-nCoV infection in Montana, and the [CDC](#) states that the current risk to the American public of becoming infected is low.

An intercampus preparedness team of Montana University System (MUS) faculty, administration and staff is closely monitoring the situation and ensuring that appropriate response plans are in place to protect our campus communities. The team is working closely with state and local health officials.

The CDC currently has no restrictions on travelers returning from China, although these travelers may undergo screening at an airport or receive information on what to do if they experience symptoms.

The CDC recommends avoiding nonessential travel to China and the [US State Department](#) has issued a recommendation to reconsider travel to China and to **not** travel to Hubei Province. Travel advice is being updated nearly daily, so check these sites frequently if you are planning travel.

Unless you have recently traveled to Wuhan, China, or have been in close contact with someone who has, there is no reason to be concerned that you have been exposed to coronavirus. Passing through an international airport is not considered by the CDC to be a risk factor.

If you develop fever; cough and/or difficulty breathing; and in the past 14 days you have visited Wuhan or been in close contact with a confirmed or suspected case of novel coronavirus, please call your regular healthcare provider immediately.

For reliable information and updates on novel coronavirus, please follow these links to the [US Centers for Disease Control](#) (CDC) and the [World Health Organization](#) (WHO) and the [Montana Department of Public Health & Human Services](#) (DPHHS).

Please keep in mind that the biggest health risk right now is the regular flu season, which sickens thousands of Montanans each year. As always, an ounce of [prevention](#) is worth a pound of cure. Get rest, eat well and be vigilant about the following practices, which are the best defense against flu:

- Cover your cough or sneeze, ideally into your elbow and not into your hands.
- Wash your hands frequently with soap and warm water for at least 20 seconds. Use sanitizing gels.
- Avoid touching your face, especially eyes, nose, and mouth.
- Stay home if you're sick (seek medical attention if you feel it is becoming serious).
- Avoid close contact with people who are ill.
- Clean and disinfect surfaces that are frequently touched.
- Get your flu shot. It's not too late!