
From: Hebert, Stanley
Sent: Monday, January 27, 2020 6:48 PM
Subject: Health Advisory- Novel Coronavirus

Health Advisory- Novel Coronavirus

From: Student Health Center, CSU Maritime Academy

To: Cal Maritime cadets, faculty, and staff

Key Information

Recent news reports have covered an outbreak (starting in Wuhan, China) of a novel coronavirus infection. *No confirmed cases of novel coronavirus have been reported in the SF Bay Area as of 1/27/2020.* There have been five cases in the US amongst people returning from Wuhan.

Per the Contra Costa County Public Health Department website:

“Contra Costa residents are at low risk of becoming infected unless they have recently traveled in or near Wuhan or have come in close contact with someone who recently traveled in that area.”

Despite no confirmed cases in the SF Bay Area, we encourage the campus community to stay informed and to engage in healthy steps to help prevent contracting and spreading seasonal illnesses.

The Cal Maritime Student Health Center is actively monitoring the situation and will provide updates based subsequent guidance of the Centers for Disease Control and Prevention (CDC), the California Department of Public Health, and local health departments.

What should I do?

If you are feeling unwell and have traveled to Wuhan, China during the month of January or have had close contact with someone sick with novel coronavirus please use a face mask and seek medical care. Students can notify the Student Health Center by calling 707-654-1170. Ill faculty and staff are encouraged to contact their primary care providers.

Seasonal cold and influenza activity continues in California. If you have symptoms of an influenza-like illness, please stay at home and seek medical advice prior to going to classes or work.

Students on campus are able to seek medical attention for seasonal colds or influenza at the Student Health Center.

Steps such as good handwashing, using hand sanitizer, getting adequate rest and nutrition, and minimizing close contact with ill people can help reduce the chance of seasonal colds and influenza.

Additional information about the seasonal influenza flu including details about symptoms, flu vaccine, and prevention steps is available via the CDC <https://www.cdc.gov/flu/about/keyfacts.htm>

What is the novel coronavirus?

Coronavirus is a type of virus that causes diseases ranging from cold symptoms to more serious respiratory illness. The novel coronavirus was first identified in Wuhan, Hubei Province, China with the majority of cases occurring in that region.

The CDC reports that patients with novel coronavirus can have mild to severe respiratory illness with symptoms of fever, cough, and shortness of breath. Severe illness appears more common in people with underlying health conditions or weakened immune systems and older adults.

More Information

Accurate and up to date information about the coronavirus is available on the CDC's [2019 Novel Coronavirus, Wuhan, China](#) website.