

## **Coronavirus Updates and Resources** <sup>[1]</sup>

The university is closely monitoring the global public health concern involving coronavirus disease 2019 (COVID-19). The university is taking proactive and prudent measures to ensure the health and safety of the community in accordance with the guidance provided by the Centers for Disease Control and Prevention (CDC) <sup>[2]</sup>.

This webpage provides updates relevant to the the university community along with FAQs and links to various resources available to students, faculty and staff. The content will be continually updated as new information becomes available. Explore information by clicking on various topics:

### **Health and Wellness**

#### **Tips for Staying Healthy**

- The risk coronavirus poses to the general public in the United States is considered low as of Feb. 26, 2020. The CDC identifies influenza (flu) as a far greater threat at this time, especially for college campuses. People can protect themselves and others from the spread of illness by practicing these healthy habits:
- Wash hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Avoid contact with people who are sick, especially if they are exhibiting cold or flu-like symptoms.
- Stay home if you are sick. Avoid contact with others except when seeking medical care.
- Contact your medical provider if you have any questions or health concerns.

### **Coronavirus Health Facts**

Updates from Boulder County Public Health can be found online:

- <https://www.bouldercounty.org/departments/public-health/> <sup>[3]</sup>
- <https://www.bouldercounty.org/families/disease/covid-19/> <sup>[4]</sup>

Symptoms: Fever, cough, difficulty breathing or shortness of breath

For the majority of confirmed cases, symptoms have been mild and resolved after several

days.

When to contact a health care professional:

- If you have spent time in impacted areas during the past 14 days and have a fever, cough or difficulty breathing
- If you have had recent contact with a coronavirus case and are experiencing a fever or lower respiratory symptoms (cough, shortness of breath, chest pain)
- If seeking medical care and you suspect coronavirus, call ahead and let the medical office or emergency room know about your symptoms and any recent travel.
- If you have traveled from China, the CDC now requires that you be monitored for up to 14 days. You should contact your health care provider for further guidance and recommendations.

Recent travel with cold symptoms should not trigger significant concern. Symptoms that seem to be worse, including cough and fever, are more likely to represent flu than coronavirus at this time.

## **Support Resources for Students, Faculty and Staff**

There are resources available for members of the CU Boulder community experiencing personal impacts due to the novel coronavirus outbreak. Whether individuals have loved ones in affected areas or other connections to people impacted by the outbreak, all members of the CU Boulder community have access to services that may be helpful.

View a [comprehensive list of resources](#) <sup>[5]</sup> for faculty, staff and students.

## **Resources for International Students, Faculty and Staff**

### **Resources and Support from International Student and Scholar Services**

The ISSS office provides resources for all international students, faculty and staff. The ISSS office is located in the Center for Community, room S355 (third floor). Drop-in advising hours are Monday through Friday between 10 a.m. and 3 p.m., except for Wednesdays when drop-in advising is available from 12:30 p.m. to 3 p.m. The office can be contacted [via email](#) <sup>[6]</sup> or by calling 303-492-8057. Visit the [ISSS website](#) <sup>[7]</sup> for more information and the latest news relevant to international students, faculty and staff.

## **Travel**

### **Education Abroad**

CU Boulder has suspended Education Abroad-sponsored programs to China, South Korea and Italy through the summer 2020 semester. This decision is based on travel advisories from

the U.S. Department of State and Centers for Disease Control and Prevention. Anyone with questions about Education Abroad programs may contact the [Education Abroad office](#) [8].

For details about program cancellations or suspensions, please see the [CU Boulder Policy on Cancellation or Suspension of CU Boulder International Programs Involving Students](#) [9].

Read [frequently asked questions](#) [10] about Education Abroad program suspensions and how those decisions are made. You can also learn more about how coronavirus is impacting the campus's study abroad programs and get tips for traveling while studying abroad.

## University-related Travel to China Update for Faculty, Staff and Graduate Students

As of Jan. 30, 2020, university-related travel to China for research or other purposes is restricted and requests for travel to China will require additional review and approval through the Concur system. Travel to China previously approved is now also required to go through this second level of review. Those previously approved for such travel will be contacted through email from the Office of the Provost. The travel review does not impact those traveling from China. The utmost consideration on approval or disapproval of travel will be the health and safety of CU Boulder's faculty, staff and students. For more information, please contact the [Office of the Provost](#) [11].

## Temporary Restriction on Entering the United States after travel from Iran and China

The federal [Department of Health and Human Services](#) [12] declared a [public health emergency](#) [13] on Jan. 31 as a result of confirmed cases of coronavirus or COVID-19 in the United States. As a result, two presidential proclamations restricting entry into the United States after travel from **China and Iran** have been issued:

- **China** – A [presidential proclamation](#) [14] restricting travel from China took effect on Jan. 31 and remains in effect.
- **Iran** – A [presidential proclamation](#) [15] restricting travel from Iran took effect on March 2 and remains in effect.
- These restrictions will remain in effect until the president terminates them.
- Based on these presidential proclamations, if you are a foreign national (not a U.S. citizen or U.S. permanent resident) and you depart the United States and travel to China and/or Iran, you will **not** be able to return to the United States until 14 days have passed *unless* you meet the definition of an immediate family member of a U.S. citizen or a permanent resident.
- The proclamations provide further guidance on who meets the definition of an immediate family member of a U.S. citizen or a permanent resident.
- CU Boulder wants all international students, scholars, faculty and visitors to feel safe, supported and comfortable during their time on campus and in the United States.
- Students and scholars who need to talk to an adviser or have any questions may visit the ISSS located in the Center for Community, Room S355 (third floor). Drop-in advising hours are Monday-Friday, 10 a.m. to 3 p.m., and on Wednesdays between 12:30 p.m. and 3 p.m. You can also [email the ISSS](#) [6] anytime.
- Recommended resources for students include [on-campus counseling services](#) [16] to talk

through feelings of anxiety, loneliness, stress, or just to have someone supportive to talk to.

- Faculty and staff can reach out to the [Faculty & Staff Assistance Program](#) <sup>[17]</sup> to set up a time to chat with a trained counselor.

## Do you have a question about how COVID-19 affects your work with CU System?

[Submit a Question](#) <sup>[18]</sup>

### Right Sidebar:

Coronavirus FAQ

Coronavirus Support

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**Source URL:** <https://www.cu.edu/coronavirus-updates-and-resources>

### Links

[1] <https://www.cu.edu/coronavirus-updates-and-resources>

[2] [https://www.cdc.gov/coronavirus/2019-ncov/index.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2Fnovel-coronavirus-2019.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2Fnovel-coronavirus-2019.html) [3] <https://www.bouldercounty.org/departments/public-health/>

[4] <https://www.bouldercounty.org/families/disease/covid-19/>

[5] <https://www.colorado.edu/today/2018/09/28/campus-support-resources> [6] <mailto:isss@colorado.edu>

[7] <https://www.colorado.edu/isss/> [8] <https://abroad.colorado.edu/>

[9] [https://abroad.colorado.edu/index.cfm?FuseAction=Abroad.ViewLink&Parent\\_ID=4F827B8B-016F-0CCF-E955A764D6DBFC00&Link\\_ID=7D547AD8-B6BF-5897-E81FB545DEFB9202](https://abroad.colorado.edu/index.cfm?FuseAction=Abroad.ViewLink&Parent_ID=4F827B8B-016F-0CCF-E955A764D6DBFC00&Link_ID=7D547AD8-B6BF-5897-E81FB545DEFB9202)

[10]

[https://abroad.colorado.edu/index.cfm?FuseAction=Abroad.ViewDocument&File\\_ID=0602757D74773F7100077](https://abroad.colorado.edu/index.cfm?FuseAction=Abroad.ViewDocument&File_ID=0602757D74773F7100077)

[11] <https://www.colorado.edu/academicaffairs/> [12] <https://www.hhs.gov/>

[13] <https://www.hhs.gov/about/news/2020/01/31/secretary-azar-declares-public-health-emergency-us-2019-novel-coronavirus.html> [14] <https://www.whitehouse.gov/presidential-actions/proclamation-suspension-entry-immigrants-nonimmigrants-persons-pose-risk-transmitting-2019-novel-coronavirus/>

[15] <https://www.whitehouse.gov/presidential-actions/proclamation-suspension-entry-immigrants-nonimmigrants-certain-additional-persons-pose-risk-transmitting-coronavirus/>

[16] <https://www.colorado.edu/healthcenter/counseling> [17] <https://www.colorado.edu/hr/faculty-staff-assistance-program>

[18] <https://www.cu.edu/forms/cu-system-and-2019-novel-coronavirus>