



**FOR IMMEDIATE RELEASE**

Marywood University

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**Scranton, PA (February 24, 2020)**—Dear Marywood Community:

As we continue to monitor the 2019 Novel Coronavirus, we are writing to encourage you to be smart regarding spring break travel plans. The Centers for Disease Control has released a [Spring Break Travel Website](#).

In light of the outbreak, the CDC is currently recommending all travelers avoid nonessential travel to China. The State Department has issued a Level 4 travel advisory to China, which asks travelers not to go to China. There have been confirmed cases of coronavirus outside of China, including cases in the United States. As a point of reference, Johns Hopkins University created a [global map of coronavirus cases](#) website.

The State Department provides information regarding [travel advisories](#). These advisories include both health and safety concerns.

Student Health Services is in direct communication with the Pennsylvania Department of Health and other officials sharing information and resources. As of Monday, Feb. 24, 2020, there are no confirmed cases of novel coronavirus in our region. The CDC continues to consider the immediate health risk to the American public to be low at this time.

As with most illnesses, strong preventative public health measures help to diminish the impact of the virus. Your best defense in preventing any illness is following these recommendations:

- Cover your nose and mouth when coughing or sneezing. Dispose of any tissue immediately after use.
- Wash your hands often with soap and water and/or use alcohol-based hands cleaners.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with sick people.

- **Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- If you become ill following your return from a trip, please see your healthcare provider.

As always, our staff is happy to answer any questions you may have and will update you as new information becomes available.

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