



Dear Campus Community:

As widely reported in the media, an outbreak of respiratory illness caused by a new coronavirus has been identified starting in the city of Wuhan, China. San Francisco State University is closely monitoring guidance provided by the San Francisco Department of Public Health (SFDPH). SFDPH in turn is working actively with state and federal health authorities to identify ill individuals and protect public health. In the meantime, San Francisco State remains open, and Spring Semester classes will begin on Monday, Jan. 27, as scheduled.

What can you do? There are steps each of us can take to reduce our chances of getting ill — whether from the coronavirus, the flu or a plain, old-fashioned cold.

### 1. Treat Yourself Well

- \* Eat healthy.
- \* Maintain good sleep habits.
- \* Manage stress.

### 2. Make It Hard for Viruses to Spread

- \* Cough or sneeze into an arm or a tissue.
- \* Wash or otherwise sanitize your hands.
- \* Avoid touching your eyes, nose and mouth.
- \* In public spaces, keep at least an arm's length of separation between yourself and others whenever possible.

### 3. Think of Others

- \* If feeling ill, call or email a health provider for advice.
- \* Stay home or reduce contact with others until your symptoms subside.

For more information on the new coronavirus, visit the San Francisco Department of Public Health's website <<https://www.sfdcp.org/wp-content/uploads/2020/01/coronavirus-facts-1-22-20-v3.pdf>>.

Take Good Care,

Roger Razzari Elrod  
Director, SF State Student Health Services