UNIVERSITY of **HOUSTON** SYSTEM

University of Houston System Exposure Prevention Statement Regarding COVID-19

University of Houston System Exposure Prevention Statement
Self-Quarantine and Prevention Information
FAQ

The University of Houston System has established this COVID-19 Exposure Prevention Statement regarding the management of students, faculty and staff following potential travel-related COVID-19 exposure. The UH System is taking this action to protect our community members from transmission of COVID-19. This is an emerging, rapidly evolving public health situation. UHS will continue to monitor any related updates provided by the CDC, the state and local public health authorities.

Travel Restrictions

The UH System is expanding its restriction on university-related travel to include all countries for which the Centers for Disease Control and Prevention has issued a Level 2 or Level 3 Travel Warning related to COVID-19. At this time, these countries include: China, Iran, Italy, Japan and South Korea. The UH System strongly discourages personal travel to these areas as well.

Self-Quarantine

It has been determined it is necessary to place a 14-day self-quarantine (isolation from others) restriction on students, faculty and staff returning from travel, whether personal or university related, to all countries for which CDC has issued a Level 2 or 3 Travel Warning related to COVID-19. This is consistent with CDC recommendations for travelers returning to the United States from China.

Self-Report

In addition, it has been determined necessary for anyone who has traveled to a CDC Level 2 or 3 country within the last 60 days, or who plans future travel anywhere internationally, to self-report their travel to their University by completing the form at the appropriate link:

- [University of Houston](#) (including UH at Katy, UH at Sugar Land)
- [University of Houston-Clear Lake](#) (including UHCL Pearland)
- [University of Houston-Downtown](#)
- [University of Houston-Victoria](#) (including UHV Katy)

UHS is taking this action based on an assessment of risk for those individuals and our commitment to deliver rapid response of infection control measures to minimize potential transmission and keep the campus community healthy.

The University of Houston System is developing an academic continuity plan. If you have questions, you are encouraged to reach out to your academic advisors and professors about your classes.

UHS reiterates its commitment to maintaining an educational, working and living environment that is free from all forms of discrimination and where every member can thrive. It is essential that we all be supportive, respectful and inclusive of the members of our community who are affected by this global issue.

Self-Quarantine and Prevention Information

What Does it Mean to Self-Quarantine?

Self-Quarantine is an agreement to remain at home and not to go to work or school, limit your movements outside and monitor your health for 14 days after returning from travel to CDC Level 2 or 3 Travel Warning locations. You are agreeing to isolate yourself from others to limit any potential for transmission of the virus, even if you are not experiencing symptoms at the end of your travel.

For the most up-to-date information about prevention and treatment, visit the [CDC online](#).

General Self-Quarantine Guidelines

Stay at home and do not go to class or work, participate in any campus activities or come to campus. {For students, the university is developing an academic continuity plan and if you have questions, you are encouraged to reach out to your academic advisors and professors about your classes.)

- Stay home except to get medical care and please <u>call ahead</u> before visiting your doctor.

- Do not return to class or work, participate in any campus activities or come to campus.

- Stay away from public areas including grocery stores, malls, theaters and large public gathering spaces.

- Separate yourself from other people and animals in your home.

- Cover your mouth and nose with a tissue when you cough or sneeze; wash your hands afterward with soap and water or use an alcohol-based sanitizer.

- Clean your hands often with soap and water or with an alcohol-based sanitizer; use soap and water preferentially if your hands are visibly dirty.

- Avoid sharing personal household items.

- Clean "high-touch" surfaces daily with a household cleaning spray or wipe.

- Monitor your symptoms and if they develop or worsen then <u>call</u> your health care provider BEFORE seeking in-person care.

Prevention

Prevention continues to be the best protection for this as well as reducing your chance of contracting other respiratory illnesses caused by influenza, parainfluenza and RSV viruses. This includes staying home when you are sick, which cannot be emphasized enough.

In regard to this new COVID-19 and general preventive measures, we feel it is important for staff, faculty and students to:

1. Always practice good hygiene: wash hands, cover coughs and sneezes, and avoid sharing food, cups or utensils.

2. Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

3. Make sure to avoid touching your eyes, nose and mouth with unwashed hands and avoid personal contact with sick people.

4. Clean and disinfect frequently touched surfaces.

5. Get a flu shot.

6. Recognize the *symptoms* of this illness which may include a high fever, cough, difficulty breathing, similar to what you may feel with the flu or a bad cold.

7. Seek care and immediately notify the University Student Health Center and your health care provider if you have recently traveled to any country with a CDC Level 2 or 3 Travel Warning and are experiencing these symptoms.

8. Stay home when you are sick.

The incubation period (how soon the symptoms appear from the time of first exposure) for this kind of virus is typically 10-14 days but can be earlier. Currently, there are no vaccines to prevent COVID-19 infections, including infection with SARS-CoV-2.

What to do if you feel sick

Those who have recently visited a country under a CDC Level 2 or 3 Travel Warning (per ongoing travel advisory updates) and are experiencing influenza-like illness, with fever greater than 100.3, and symptoms, including cough, body aches, severe sore throat, or runny nose, should seek medical attention, especially if symptoms worsen.

Students should contact the Student Health Center at their respective university and identify yourself as having flu-like symptoms to obtain further recommendations and

guidance. Students should also consult with their regular health care provider or seek treatment at a local health center if you are overseas. Please call ahead to your health care provider to notify them of the reason for your visit.

Faculty and staff who are ill with flu-like symptoms should stay home and contact their personal physician for further advice.

The UHS remains in regular contact with local, state and federal health officials for the latest information and will continue to provide updates to the UHS Community when warranted.

For additional information about COVID-19, including signs and symptoms, transmission and risk of exposure, and what to do if you are exhibiting symptoms, please refer to the links below. The CDC's website and Texas Department of State Health Services (DSHS) will also issue guidance for those planning to travel or who have recently returned.

- [CDC Coronavirus (COVID-19) Information](#)

- [Texas Health and Human Services Coronavirus Information](#)

Non-Discrimination

UHS reiterates its commitment to maintaining an educational, working and living environment that is free from all forms of discrimination and where every member can thrive. It is essential that we all be supportive, respectful and inclusive of the members of our community who are affected by this global issue.

Frequently Asked Questions
http://www.uhsystem.edu/internal-alerts/coronavirus/

Expand All   Collapse All

⌄ **Are there any confirmed COVID-19 cases on any University of Houston System campus?**

No.

- Will the university share information about students, faculty or staff who have traveled internationally?
- Do I need to report my plans for international travel if I am a student, faculty member or staff member?
- Do I need to report my plans for international travel even if it is for personal reasons?
- How do I report?
- What happens if I travel to a CDC Level 2 or 3 country?
- What does it mean to self-quarantine?
- Are there instructions for self-quarantine?
- Should I self-monitor my health during self-quarantine?
- What should I do if I really feel sick during my self-quarantine?
- What if I live on campus? Can I self-quarantine on campus?
- How can I make sure I do not fall behind in my classes while I am self-quarantined?
- Can employees at UH System universities perform work during the self-quarantine period?
- What do employees do if they are not approved to work remotely during the self-quarantine period.
- What do I do after the 14-day self-quarantine period is over?
- Will I be able to return to the university after I send that email?
- I am a student, do I have to go to class?
- I am an employee at a UH System university, do I

have to go to work?

○ Who can I contact if I have symptoms?

○ Will campus events be canceled due to COVID-19?

○ Will study abroad programs continue for the spring 2020 semester?

○ I plan on traveling abroad for spring break, what should I know?

○ Why are some people wearing masks on campus?

○ What can I do if I am experiencing suspected bias or discrimination?

○ I am a person impacted by the evolving, global situation surrounding COVID-19. It has left me feeling anxious and worried. Where can I turn for help?

○ What are the UH System universities doing in regard to bacterial and viral threats to student health?

In addition to our webpages on COVID-19, we will be adding more information here regularly as developed.