

## **Special Message on the Novel Coronavirus**

There has been much recent news coverage of a newly discovered novel coronavirus, causing fever and severe respiratory symptoms similar to influenza, emanating from the central Chinese city of Wuhan, a major domestic and international air transportation hub.

To date, there have been fewer than 1,000 confirmed cases of the coronavirus, the vast majority in China, with isolated cases in several other Asian countries and one confirmed U.S. case in the state of Washington. Although there is no specific threat to CSUSM, the university is monitoring developments surrounding the virus, and we want you to have the following information to help you stay healthy and prevent the further spread of the virus.

While most individuals diagnosed with coronavirus have recovered completely, there have been a few deaths, mostly in elderly or medically compromised individuals. There is no indication that coronavirus has migrated to California, but health care professionals across the nation are vigilant.

Coronavirus illness can range from mild cold-like to severe symptoms, with cough, fever, headache and body aches typically beginning up to 14 days from time of exposure.

Adding to the confusion, the winter is also the peak of cold and flu season and all of these respiratory illnesses have overlapping symptoms. It should be noted that what sets coronavirus apart is the association of travel to/through Wuhan, or close contact with an ill individual who may have been in the region of central China where the outbreak is thought to have originated.

As preventative measures, we'd like to offer the following guidance to stay healthy:

- Most importantly, wash your hands often whether you are ill or not;
- Stay well hydrated;
- Cough/sneeze inside the crook of your elbow (and not in your hands);
- If you are feeling any symptoms such as a fever, cough or shortness of breath, please minimize contact with others to lessen the risk of spreading a potential virus, and contact your health care provider.

This is an evolving situation, and further updates may be forthcoming. Like most infections caused by viruses, there is no effective treatment for coronavirus except for good hydration and over-the-counter medications to lessen symptoms. Fortunately, most individuals recover after a few days with no long-term effects.

If you have any questions or concerns, please contact your health care provider or Student Health & Counseling Services at 760-750-4915 for further guidance.

For more information on coronavirus, please visit: <https://www.who.int/health-topics/coronavirus>

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