

Reminders and Tips for Staying Healthy

To: CSUSM Students, Faculty and Staff

Subject: Reminders and Tips for Staying Healthy

During this time of heightened awareness of health and wellness concerns due to the global spread of novel coronavirus, CSUSM would like to offer some helpful reminders and tips for staying healthy.

Please remember that it is far more likely that members of our campus community will contract seasonal flu than the coronavirus. However, everyone can help prevent the spread of infectious diseases with the following recommendations:

- Wash hands often with soap and water (for 20-30 seconds at a time); if that is not possible, use hand sanitizer
- Avoid close contact (touching or shaking hands) with people who are sick
- Keep your hands away from nose, eyes and mouth
- Eat well, get adequate rest, and exercise regularly
- Get a flu shot

If you are sick, please help prevent the spread of with these additional tips:

- Cover mouth and nose with sleeve, elbow or a tissue when sneezing or coughing
- Do not share drinks or foods with others
- Avoid touching your mouth, nose and eyes
- Avoid close contact with others
- Clean and disinfect surfaces and objects
- Stay at home if you are unwell

This last point - stay home if you are unwell – is very important. We know that spring semester can be extremely stressful for both students and employees alike. You may be feeling overwhelmed with coursework, midterms, work and social demands. However, if you are sick you should not attend class, work or group events and you should stay home. This will not only allow your body to rest and aid in the recovery process, but it allows you to keep your illness to yourself and prevent spreading germs to others.

Once the worst of an illness is over and you are feeling well enough to return to class and work, it is still important that you continue to be vigilant about using the above prevention tips.

As we individually do our part to stay healthy and prevent the spread of germs, CSUSM has – in an abundance of caution – increased the frequency of services to clean and disinfect high-use/high-touch areas. In addition, numerous hand sanitizer stations are placed at high-traffic areas throughout campus and signs with good hygiene reminders are being mounted at building entrances.

For more information, please see the [CSUSM Coronavirus website](#), which includes a [FAQ](#) and archive of previous messages on this topic that have been shared with our campus community.

Finally, in the spirit of our commitment to being a welcoming and inclusive campus, please continue to be considerate to others and [share facts, not fear](#).

Sincerely,

James J. Chun, M.D., FAAP
Interim Medical Director
Student Health & Counseling Services