

Update to Whitman Policy for Spring 2020 Study Abroad Students

March 16, 2020 at 2:02 p.m. PST

Dear Spring 2020 OCS Students,

If you are returning from an OCS Semester, it is very important that you follow closely the following CDC Guidelines.

If you are returning home from a Level 3 Travel Health Notice Country, including:

- China
- Iran
- South Korea
- Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, Vatican City

Then follow the instructions HERE: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

This includes doing the following self-isolation upon return:

Stay home for 14 days from the time you left an area with widespread, ongoing community spread (Level 3 Travel Health Notice countries) and practice social distancing.

Take these steps to monitor your health and practice social distancing:

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
2. Stay home and avoid contact with others. Do not go to work or school for this 14-day period. Discuss your work situation with your employer before returning to work.
3. Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
4. Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
5. Keep your distance from others (about 6 feet or 2 meters).

If you are traveling home from anywhere else (non-level 3 countries):

See this important CDC information: <https://wwwnc.cdc.gov/travel/notices/alert/coronavirus-global>

If you have traveled to any destination during the past 14 days:

- Monitor your health and practice social distancing. Social distancing means staying out of crowded places, avoiding group gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.
- If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing:
- Seek medical advice. Call ahead before going to a doctor's office or emergency room.

- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Soap and water should be used if hands are visibly dirty.

Here is helpful information from the CDC regarding managing anxiety and stress in these trying times: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html

Whitman College does not want OCS students to return to the Whitman campus. Exceptions are being made for international students and students with extraordinary circumstances. Please contact Whitman OCS with your questions and concerns.

Watch your email for more updates from Whitman and OCS.

Stay well!

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