
Should we be using masks?

Masks are only recommended for those experiencing symptoms. The evidence regarding using masks for prevention is mixed. The Philadelphia Department of Public Health (PDPH) and CDC are not currently recommending masks for prevention of viruses. We appreciate this may not be consistent with other countries’ guidance.

Should I participate in campus activities and events?

At this time individuals without any symptoms can continue to participate in campus events. The University, following guidance from the PDPH, CDC, and WHO, has not cancelled any activities or events due to the current novel coronavirus concerns. Some departments and student organizations may make the decision to postpone or cancel events, though this is not a University requirement at this time.

Why isn’t Penn screening every person that has recently been in China and those with whom they have been in contact?

The University of Pennsylvania is following PDPH, CDC and WHO guidelines on all screening and response protocols. These evidence-based protocols are the national and international standard. While screening protocols based on these guidelines are in place at airports all over the world, the guidelines do not include restricting travel or quarantining/isolating asymptomatic individuals simply based on travel history or country of origin.

CDC and WHO guidelines do recommend collecting a travel history on any person experiencing respiratory symptoms; SHS clinicians are conducting this screening during phone consultations and medical visits. If you’re feeling unwell, contact Student Health Service (215-746-3535) and select the option to speak with a nurse.

I have upcoming travel. Should I change my plans?

Penn currently recommends rescheduling, delaying, or canceling all planned University travel to China between now and the end of the term (May 12, 2020). This includes academic programs, extracurricular programs, executive education programs, and all other Penn-affiliated travel. Consistent with the recommendations of both the CDC and the U.S. Department of State, Penn is advising students, staff and faculty to delay all personal travel to China for the time being unless it is absolutely necessary.

I am returning to Penn from China. What should I do?

All travelers arriving from China are being thoroughly screened for symptoms of novel coronavirus at the port of entry. If they are not showing signs of illness, they are deemed eligible to enter the United States and can carry out all normal daily activities.

At this time, if you feel well physically, we are not advising self-quarantine or isolation simply based on travel.
For Penn students:

If you do start to feel unwell, we recommend calling Student Health at (215) 746-3535.

For visiting scholars and students:

If you do start to feel unwell, we recommend Visiting students and scholars contact the Penn Urgent Care at (215) 419-7500 or your primary care physician.

For all students:

Most importantly, since this is cold and flu season, there are lots of steps you, and your peers, can take right now to keep yourself healthy and well:

- **Get a flu vaccine:** They are available by walk-in at local pharmacies.
- **Use good hand hygiene:** Wash hands with soap and warm water for 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- **Limit the spread of germs and illness:** Cover your mouth and nose with a tissue when coughing or sneezing. If you don’t have a tissue, cough or sneeze into your sleeve or elbow. Avoid sharing food, drinks, utensils, cups, vapes/JUULs, etc.
- **Stay home** if you are feeling unwell; that includes classes and social activities. If you are not feeling better after 24 hours, seek medical guidance.

**What are the symptoms of the coronavirus?**

Symptoms related to the novel coronavirus (2019-nCoV) include fever and symptoms related to lower respiratory illness (e.g. difficulty breathing). Cough and travel to alone are not enough to elicit concern.

**I’m sick, how do I know if its coronavirus or something else, like a cold or the flu?**

Cough and travel alone are not enough to elicit concern. Symptoms of the novel coronavirus are more severe (e.g. pneumonia).

A cold is common this time of year, and it is also flu season in Philadelphia and on campus. **If you’re feeling unwell,** make an appointment online at Student Health Service or call to speak to a nurse (215-746-3535).

**I am worried about someone else that is sick. What do I do?**

They should call Student Health and speak with a nurse (215-746-3535) to discuss recent travel and current symptoms.

**I know someone (friend, roommate, classmate, etc.) that was recently in China, but they aren’t sick. Should I do anything?**

Unless the person is experiencing fever AND lower respiratory symptoms (e.g. difficulty breathing) AND has travel history to Wuhan OR contact with a confirmed case, you can use traditional precautions:

- **Get a flu vaccine:** They are available by walk-in at local pharmacies or for free at SHS by online appointment or by phone (215-746-3535).
• **Use good hand hygiene:** Wash hands with soap and warm water for 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

• **Limit the spread of germs and illness:** Cover your mouth and nose with a tissue when coughing or sneezing. If you don’t have a tissue, cough or sneeze into your sleeve or elbow. Avoid sharing food, drinks, utensils, cups, vapes/JUULs, etc.

• **Stay home** if you are feeling unwell. If you are not feeling better after 24 hours, seek medical guidance.

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**I traveled recently to/from Wuhan. What should I do?**

Keep yourself healthy and well!

• **Get a flu vaccine:** They are available by walk-in at local pharmacies or for free at SHS by online appointment or by phone (215-746-3535).

• **Use good hand hygiene:** Wash hands with soap and warm water for 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

• **Limit the spread of germs and illness:** Cover your mouth and nose with a tissue when coughing or sneezing. If you don’t have a tissue, cough or sneeze into your sleeve or elbow. Avoid sharing food, drinks, utensils, cups, vapes/JUULs, etc.

• You do **NOT** have to self-isolate if you have no symptoms. You can attend class and participate in campus activities.

• You do **NOT** need to wear a mask if you have no symptoms.

If you have a high fever AND difficulty breathing:

• Call SHS immediately (215-746-3535) before you come in to report travel history and symptoms.

• Unless you are seeking medical care, stay home and avoid contact with others.

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**How do I stay up to date on the situation?**

Penn continues to monitor and provide updates online. You can check the Student Health Service and Campus Health websites for updates. Major notifications and announcements may also be shared via email.

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