The most up to date information on University operations and guidance can be found here: https://coronavirus.upenn.edu/


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.

I have upcoming travel. Should I change my plans?

If travel is University-related travel: As of 3/10/20, all University-related travel (both domestic and international), through April 17th, is prohibited. Anyone who is/was traveling on University-related travel when this policy was instituted, will be able to return to campus.

If travel is personal: As of 3/10/20, the University discourages all members of the Penn community from personal travel, which could result in quarantine upon your return. Register your travel here.

If travel includes a CDC Level 3 country (China, South Korea, Iran, and Most of Europe as of (3/13/20)). All travel from these countries (layovers included) will require a 14 day self-isolation. Register your travel here.

If travel includes Japan, the CDC has advised to practice enhanced precautions (as of 2/22/20). Register your travel here.

I am returning, or planning to return, to Penn from a CDC Level 3 country. What should I do?

Self-isolation is required for 14 days upon arrival back to the United States. Please reach out to Student Health for support: 215-746-0806.

If you develop fever, cough, or shortness of breath or start to feel unwell, stay home. Then, please call ahead to your medical care provider and mention your travel history. Penn students can call Student Health at 215-746-3535.

If returning or planning to return from China:

- Foreign nationals, other than immediate family of U.S. citizens and permanent residents who have traveled in China within the last 14 days, will be denied entry into the U.S.

If returning or planning to return from other CDC Level 3 countries:

- The University continues to touch base with those students with recent travel to these countries. If you have recently arrived in the US with travel in or through these countries, please contact 215-746-0806 for further guidance.

Updated 3/13/2020
What does self-isolation mean?

For the Penn community:
- Stay at home and do not go to class, work, or participate in any social activities.
- 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.
- If possible, order food & groceries online.
- If you start to feel unwell, please call ahead to your medical care provider and mention your travel history. Penn students can call Student Health at 215-746-3535

According to the CDC, isolation means the separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.

What does quarantine mean?

According to the CDC, quarantine in general means the separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic, from others who have not been so exposed, to prevent the possible spread of the communicable disease.

What health recommendations do you advise?

For Penn students AND visiting scholars, if you start to feel unwell, calling Student Health at (215) 746-3535 and let them know if you have traveled or have been in contact with a confirmed case.

For all students, it is cold and flu season, and there are many steps you, and your peers, can take to keep yourself healthy and well:
- **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.
- **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.

What are the symptoms of the novel coronavirus (COVID-19)?

- Symptoms related to the novel coronavirus (COVID-19) 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 it’s novel 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, current symptoms, and contact with a confirmed case.
What is my risk of being exposed to the novel coronavirus (COVID-19)?

The Penn Community remains most at risk for negative outcomes related to influenza. On 3/5/2020, the CDC came out with an updated Risk Assessment. The graphic below shows the exposure risk categories.

I think I have been exposed to novel coronavirus (COVID-19), now what do I do?

As always, if you’re feeling unwell, contact Student Health Service (215-746-3535) and select the option to speak with a nurse. Please visit the CDC website for up to date Risk Assessment stratification.
I know someone (friend, roommate, classmate, etc.) that was recently in a CDC Level 3 country, 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 these countries 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.

**Should I participate in campus activities and events?**

As of 3/10/20, the University is strongly discouraging meetings or events of 100 or more people to be cancelled or postponed. The University also strongly recommends the use of teleconferencing, group chats, or live streaming as alternatives to in-person gatherings.

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

The most up to date information on University operations and guidance can be found here: [https://coronavirus.upenn.edu/](https://coronavirus.upenn.edu/). Major notifications and announcements may also be shared via email.

If you have any questions, please email coronavirus@upenn.edu.

**How are we protecting the Penn community?**

The University has banned all University-related travel, discouraged personal travel, and discouraged meetings or events of 100 or more people. Also, the University is actively communicating with Penn community members who have traveled to CDC’s high-risk Level 3 countries. Student Wellness departments are supporting Penn community members throughout their isolation period with regular symptom and wellbeing checks.

**How can I help?**

1. **Get a flu vaccine**: They are available by walk-in at local pharmacies for all Penn community members and for free at SHS for students by online appointment or by phone (215-746-3535).
2. **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.
3. **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.
4. **Stay home** if you are feeling unwell. If you are not feeling better after 24 hours, seek medical guidance.

**Are there cleaning guidelines I can follow?**

Updated 3/13/2020
The University housekeeping staff has been actively following COVID-19 cleaning guidelines since January. Housekeeping does a full disinfectant cleaning every day. No additional disinfection beyond routine cleaning is recommended at this time.

Business services is proactively sanitizing all the interiors of the Penn transit fleet daily with the recommended sanitizing solution. The exteriors of all vehicles are washed weekly and in some cases daily.

At work, you personally can:

- Routinely clean all frequently touched surfaces in the workplace, such as workstations, countertops, and doorknobs. Use the cleaning agents that are usually used in these areas and follow the directions on the label.
- Use disposable wipes so that commonly used surfaces (for example, doorknobs, keyboards, remote controls, desks) can be wiped down by employees before each use.
- No additional disinfection beyond routine cleaning is recommended at this time.

At home, you can:

- Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Always wash your hands with soap and water if your hands are visibly dirty.

This is a list of all approved cleaning products for COVID-19: [https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf](https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf)