



Food Security: BSU food pantry supports students' nutritional needs during pandemic. Photo courtesy Bowie State University

BSU Prepares for the Coronavirus Pandemic

What should students, faculty and staff do to stay safe?

Editor's note: This article was written in early March 2020 at the onset of reported COVID-19 cases in Prince George's County, Maryland.

BY BRIANNA MILES

Due to the recent outbreak of the coronavirus that has hit the nation, college campuses are taking careful precautions to make sure their students are aware of the virus and how to protect themselves from contracting COVID-19, the disease caused by the virus.

Bowie State University has sent letters to students with recent updates on cases in the country as well as resources available on campus. There have been only 14 confirmed cases in the United States and there are no confirmed cases in Maryland at the time of this writing.

The Henry Wise Wellness Center is monitoring the outbreak of respiratory illness caused by the virus. Since COVID-19 has similar symptoms to a common cold, it is very important for students to keep an eye out for symptoms because infected individuals seem to experience a worsening of symptoms eight days after infection.

COVID-19 is known to spread from person to person through respiratory droplets, so it is important to avoid contact with sick people, avoid contact with animals, markets with animals or products from animals, cough hygiene,

and most importantly to wash your hands with soap and water for 20 seconds and to use hand sanitizer products, according to public health officials.

The Centers for Disease Control and Prevention is prohibiting travel to mainland China and South Korea and advising travelers to take precautions when traveling to Japan, Iran and Italy. Faculty and students are required to obtain approval from the office of the provost at Bowie State University for proposed travel to China and South Korea.

The university has announced that if staff or students have traveled to countries such as China, Japan or Iran in the past 14 days and are experiencing any symptoms of fever, cough or shortness of breath to seek medical attention immediately.

Keeping potential sick patients away from students is the main priority in keeping the campus safe from the virus, so if faculty and staff members have recently traveled out the country they are required to also take two weeks off to make sure they did not contract the coronavirus.

Bowie State recommends reconsidering travel to countries with increasing cases of COVID-19. It is important to keep in mind that those at the greatest risk are people with weak immune systems, over 60 years old and those with chronic medical conditions.

University health officials understand that this is a tough time for everyone, but they encourage students and staff to remain calm, practice respiratory hygiene, wash hands and avoid touching the face.

CORONAVIRUS DISEASE 2019 (COVID-19)

You can help prevent the spread of respiratory illnesses with these actions:

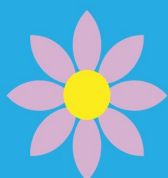
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Practice social distancing by putting space between yourself & others.
- Wash hands often with soap & water for at least 20 seconds.



cdc.gov/coronavirus

316159-A March 25, 2020 8:00 AM

**We may be keeping our distance,
but we are in this together.**



Stay Calm.



Stay Connected.



Stay Active.

#AloneTogether



Go to [AloneTogether.com](https://www.alonetogether.com) for ways
to take care of yourself and others.

Let's not

Party

Meet up

Bro-hug

Defy

Let's

Stay put

Binge watch

Video-happy-hour

Save lives

Visit [coronavirus.gov](https://www.cdc.gov/coronavirus) for the latest tips and information from the CDC.

#AloneTogether

TOGETHER, WE CAN HELP SLOW THE SPREAD.

