

March 6, 2020

Good afternoon,

I have the following updates regarding the coronavirus (COVID-19) and preparations at FSU:

COVID-19 in Maryland, State Response

Three cases of COVID-19 have been confirmed in the state of Maryland, all residents of Montgomery County who contracted the virus while traveling overseas.

Based on that confirmation and the overall spread of the disease, Gov. Larry Hogan has declared [a state of emergency](#), which allows the Maryland Department of Health and the Maryland Emergency Management Agency to ramp up coordination among all state and local agencies and enable them to fast-track coordination with state and local health departments and emergency management teams.

University Travel

For the immediate future, the University is recommending to faculty, staff and students that they not travel to any countries that the CDC lists as level 1, 2 or 3. That list can be found [here](#). The two spring break study abroad trips, which were faculty-led programs to Italy and Germany, have been canceled. USM is also encouraging people to limit their domestic travel where possible.

Prevention

The virus is thought [to spread](#) mainly from person to person, between people who are in close contact with one another (about 6 feet), and through respiratory droplets when an infected person coughs or sneezes.

To protect yourself, and especially those in our community who are most vulnerable, the CDC recommends [everyday preventative actions](#):

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- 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 an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

There is no vaccine currently to prevent COVID-19.

Information Sharing

We will have two Q&A sessions scheduled next week to discuss FSU preparations:

- **For Faculty and Staff**, Monday, March 9, at 4 p.m., Manicur Assembly Hall, Lane Center
- **For Students**, Tuesday, March 10, at 5 p.m., Compton 226

A website has been set up on the Brady Health site with resources and information, which will be updated regularly: www.frostburg.edu/COVID-19. It is also linked from the front page of the FSU website.

We will continue to share these updates as developments warrant.

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