

Xavier Health Update 2/7/20

We are writing to provide an update on important health matters.

The Centers for Disease Control and Prevention (CDC) reports that flu activity in the U.S. is high and expected to continue for weeks. To promote the health and wellbeing of the Xavier community, we recommend the following:

- **Receive a flu shot.** Flu vaccines are still available for Xavier students and employees. Please contact Health Services at 513-745-3022 to schedule your appointment. Health Services is located on Xavier's campus within the Health United Building (HUB).
- **Students, staff and faculty are encouraged to stay home if you are sick.** CDC advises people who have flu symptoms to separate themselves from others as much as possible.
- **Seek medical care.** Any Xavier student experiencing flu-like symptoms is encouraged to seek care at Health Services by calling 513-745-3022. Faculty and staff are encouraged to reach out to their primary care provider.

Xavier is also actively monitoring Coronavirus activity. The CDC has reported 11 confirmed cases of the novel Coronavirus in 5 states which include Washington, California, Arizona, Illinois, and Massachusetts. Per the Ohio Department of Health, risk to the public, including on college campuses, is low.

Please note, the U.S. State Department has issued a Level 4 Travel Advisory, recommending against travel to China and the CDC recommends avoiding all nonessential travel to the country. For more information regarding overseas travel, follow the CDC's [travelers' health guidance information](#) and [novel Coronavirus information](#).

Students, faculty and staff who are anticipating international travel to China are encouraged to contact [Health Services](#) to discuss health precautions.

If you have any questions, David Rigdon, Practice Manager for Health Services can be reached by email at [rigdond@xavier.edu](mailto:rigdond@xavier.edu) or by phone at 513-745-3022.