



STUDENT
AFFAIRS

Vice Chancellor Office

March 2, 2020

Good morning Horned Frogs,

By now, you've probably seen a lot of news on a novel Coronavirus, also known as COVID-19. According to the [Centers for Disease Control](#), the COVID-19 is a respiratory disease spread from person to person, with some of the same characteristics as other respiratory illnesses, including fever, cough and shortness of breath.

With COVID-19 cases appearing in the United States, we are preparing for Spring Break, because so many of our students, faculty and staff travel. Here are just a few of the actions we are taking to prepare our campus:

1. TCU's Director of Emergency Operations is in daily conversation with the Tarrant County Health Department. The TCHD receives updates several times per day that help our county plan for the potential spread of the virus.
2. TCU administrators meet daily to work through current issues and plan for potential concerns regarding the spread of the disease.
3. We are working directly with students studying overseas to address the dynamic issues specific to their regions. We are basing our recommendations on the CDC's travel advisories.
4. We are providing up-to-date information and an FAQ on our website at <https://www.tcu.edu/news/coronavirus.php>

Here is what YOU can do to help keep our community safe from the spread of germs:

1. If you are travelling during Spring Break, avoid areas where the disease is spreading and follow CDC travel guidance, which can be found here <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
2. Use good hygiene to stop the spread of germs.
 - a. Wash your hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
 - b. Don't share drinks or eating utensils.
 - c. Avoid close contact with people who are sick.
 - d. Avoid touching your eyes, nose and mouth.
 - e. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
 - f. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

- g. Maintain good habits – getting good sleep and exercise are preventive measures to help the body stave off potential illness.
- 3. If you are unwell and have a fever, please contact the [Brown-Lupton Health Center](#) right away. We have hired additional nurses to evaluate symptoms and get you on the road to recovery.
- 4. If you are unwell and have a fever, avoid going to places where you can infect others until you are fever-free for 24-hours.

We will continue to update you on our plans and response to this developing and ongoing situation. Updates will come to your TCU email account, so look for more information there.

My Soapbox:

Beyond COVID-19 or the flu virus, Spring Break has long been considered a time when college students travel in groups to enjoy a break from the stress of the semester. For some, this rite of passage has included the misuse or abuse of alcohol and other drugs, reckless behavior and sometimes life-changing consequences. Please take care of yourself and those around you, model ethical and responsible decision-making, and remember that you are an important and valued member of the TCU community. Regardless of where you travel, you're always a Horned Frog, so make choices that align with your long-term goals.

Good luck on your mid-term exams and we look forward to welcoming you back from Spring Break rested and healthy!

Kathy Cavins-Tull

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