



FOR IMMEDIATE RELEASE

Marywood University

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**Travel Update from the Pennsylvania Department of Health
Regarding Travel from Iran, China, Italy, or South Korea**

Scranton, PA (March 6, 2020) – Marywood University has just received this announcement from the Pennsylvania Department of Health concerning travel from Iran, China, Italy or South Korea.

Monitoring and Movement Guidance for Travelers

To slow the spread of coronavirus disease 2019 (COVID-19) into Pennsylvania, the Department of Health (DOH) is working with local public health partners to implement after-travel health precautions. There are currently four countries that have a Level 3 Travel Health Notice. Additional countries may be added to this list as the global situation continues to evolve. An updated list of countries can be found at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>:

If you have returned from Iran or China:

1. The health department will be notified by CDC and will contact you.
2. Stay home and practice social distancing for 14 days after travel. See below for specific directions.
3. Self-monitor your health for symptoms like fever, cough, or trouble breathing. If you become sick, call ahead to 1-877-PA-HEALTH (1-877-724-3258) and the doctor's office or emergency room.

If you have returned from Italy or South Korea:

1. Call 1-877-PA-HEALTH (1-877-724-3258) to let the health department know about your travel.
2. Stay home and practice social distancing for 14 days after travel. See below for specific directions.
3. Self-monitor your health for symptoms like fever, cough, or trouble breathing. If you become sick, call ahead to 1-877-PA-HEALTH (1-877-724-3258) and the doctor's office or emergency room. Travelers who have simply transited through airports in these countries (without leaving the airport) do not have to practice social distancing, but please still call us at 1-877-PA-HEALTH (1-

877-724-3258) so we are aware of your recent travel through affected countries.

Take these steps to monitor your health and practice social distancing:

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
2. Stay home and avoid contact with others. Do not go to work or school for this 14-day period.
3. Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
4. Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
5. Keep your distance from others (about 6 feet or 2 meters).

If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing:

- If you have a medical emergency, call 911 and let them know that you are under self-monitoring for COVID
- Seek medical care. Call ahead to 1-877-PA-HEALTH (1-877-724-3258) before you go to a doctor's office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.

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