



The University of Vermont

March 5, 2020

Dear students who were recently abroad in Italy, and your emergency contacts,

The CDC has updated their guidance for travelers recently returning from areas with widespread, ongoing community spread. They are asking that you practice social distancing which include the following steps:

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. Discuss your work situation with your employer before returning to work.
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).

Please be in touch with any questions or concerns regarding these emails.

Sincerely,

Linda
Assistant Director
Office of International Education