



**JOHN CABOT
UNIVERSITY**
Rome, Italy

**DEAN OF
STUDENTS
OFFICE**

Update on Coronavirus and Travel: February 26, 2020

Dear Students

Please note the correct dates for JCU's Spring Break are **MARCH 7-15**.

As the weekend and Spring Break approaches (March 7 to 15), we are asking you to reflect on any upcoming travel plans you have made and consider how you can prepare.

1) If you do travel, please avoid Northern Italy and other areas worldwide reporting high levels of reported Coronavirus. Check the John Hopkins COVID-19 Global Case Map for updates: <https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>. Investigate your intended destination and expect travel delays or disruptions. Go

to <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/> to learn about health and safety concerns in individual cities and countries.

2) All students should download International SOS and use the Check-In function on your phone so as to verify your current location when outside Rome. This information is communicated to International SOS officials and JCU on-call staff. **Sharing this information every 48-hours will allow International SOS to send you local safety and security updates automatically. International SOS can also provide logistical assistance in case of an emergency** (To download ISOS, iPhone: <https://apps.apple.com/us/app/international-sos-assistance/id465662561> , Android: <https://play.google.com/store/apps/details?id=com.infostretch.iSOSAndroid&hl=en>). To utilize International SOS services, download the app and input the JCU membership number ([302SCA834985](https://www.jcu.edu/302SCA834985)). You can also call an International SOS call center

for assistance. During the call, state that you are a student of John Cabot University and/or provide the JCU membership number ([302SCA834985](https://www.jcu.edu/302SCA834985)).

3) Please remember to practice good health and hygiene during this flu season (<http://www.who.int/emergencies/diseases/novel-coronavirus-2019>).

- 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 your elbow or tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- 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.
- If you are healthy, you do not need to wear a mask. Please consult with a doctor on best practices for using a mask.



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