March 10, 2020

Dear UW International Students,

As you are aware, the COVID-19 virus situation is dynamic and changing every day. University of Wyoming officials will continue to closely monitor the worldwide developments pertaining to the spread of COVID-19 and will update students as necessary.

The health and safety of our students is our highest priority. As spring break approaches, we encourage you to carefully consider your travel plans, both inside and outside of the US. It is important to keep in mind the Center for Disease Control’s (CDC) current and evolving travel warnings, the U.S. Department of State’s travel advisories, the World Health Organization’s (WHO) travel advice, and UW’s recommendations for self-isolation upon return from certain countries or after contacting anyone who may have COVID-19. As the virus continues to spread within the US, you may come in contact with the virus even through US travel. Please read the UW email that was sent to all students on March 6, 2020 and continue to monitor all correspondence from UW officials over the break. All notices from UW will be updated on the UW Student Health Service COVID-19 Information page.

If you choose not to travel over spring break and you live on campus, both the Residence Halls and UW Apartments are staying open. Remember that there are a lot of fun and exciting things to do in the Laramie area this time of year! For ideas, contact ISS. If you have already booked travel and decide to cancel your plans, please contact your airline. Many airlines have become flexible with cancelations or flight changes/credits due to the virus. You can find a list of links to many airlines’ information sites below.

If you do choose to travel, please continue to evaluate the local conditions at your intended destination. Because the COVID-19 situation is changing daily, there is a possibility that any country you visit may decide to implement new or different restrictions while you are outside the U.S. Additionally, there may be flight delays/cancellations and travel restrictions for re-entry, preventing your return to the U.S. There may also be additional quarantine restrictions upon your return to the U.S. or campus, preventing you from immediately returning to your classes.

If you do travel, consider purchasing travel insurance that covers widespread epidemics in the areas to which you want to travel. Also, please make sure that the travel signature on...
your Form I-20 is current (valid for one year) and that your U.S. visa in your passport will be valid upon return. ISS highly discourages applying for a new visa over spring break as it is a short period. If you need an updated travel signature, we are happy to sign your Form I-20 or DS-2019 for travel, but please keep the current travel risks in mind as you make your final plans for break.

We encourage you to keep the ISS office contact information with you during travel and ask that you notify us immediately if you encounter any travel difficulties or are unable to return to UW after the break for any reason. ISS staff will work with you to notify your faculty and advisors, and to update your SEVIS record if needed. If you need to self-quarantine after your return to the U.S., we can also help you notify the appropriate people on campus. Please review the UW and CDC guidance on self-quarantine before your return to the U.S. so that you will know if you need to self-quarantine upon arrival.

We also encourage you to read the updates on the CDC’s website regarding travel precautions to specific areas, and keep in mind basic hygienic practices to protect yourself before, during, and after break:

- Avoid contact with sick people.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Discuss travel to any impacted area with your healthcare provider. If you are visiting family, be aware that older adults and travelers with chronic medical conditions may be at risk for more severe disease. You may become a carrier without being aware.
- Clean your hands often by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains 60%–95% alcohol. Soap and water should be used if hands are visibly dirty. It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.

If you find yourself in one of the impacted areas (or the situation changes while you are traveling), and feel sick with fever or cough, or have difficulty breathing, the CDC recommends the following:

- Seek medical advice. Call ahead before you go to a doctor’s office or emergency room. Tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean your hands often by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains 60%–95% alcohol immediately after coughing, sneezing or blowing your nose. Soap and water should be used if hands are visibly dirty.

Links to airline information sites:
• **American Airlines** For more information, check [American Airlines website](#).
• **Alaska Airlines.** For more information check [Alaska Air’s website](#).
• **British Airways** For more information check [British Airways’s website](#).
• **Delta Air Lines** For more information check [Delta’s website](#).
• **Icelandair** For more information check [Icelandair’s website](#).
• **Jetblue** For more information check [Jetblue’s website](#).
• **United Airlines** For more information check [United’s website](#).
• **Virgin Atlantic Airways** For more information check [Virgin Atlantic’s website](#).

If you have any questions, please contact ISS staff!

Sincerely,

ISS Staff