



UTHealthRGV flu season and novel coronavirus (2019-nCoV) update

Flu season update

We would like to remind the UTRGV community that we are in “flu season” and Texas is currently experiencing higher than normal influenza-like illness activities and symptoms.

“The Flu” is a contagious illness caused by a virus that can infect your nose, throat and even your lungs and can spread very easily through tiny droplets when people with the flu cough, sneeze or talk. This virus can change from one year to the next and getting the **flu vaccine** every year can prevent you and your loved ones from getting the flu and its associated complications, including severe respiratory and cardiac illnesses.

In addition to the vaccine, the US Centers for Disease Control (CDC) recommends the following tips to prevent spread of the flu:

Source <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>:

1. Avoid close contact with people who are sick.
2. Stay home when you are sick.
3. Cover your mouth and nose when coughing or sneezing.
4. Clean your hands often with soap and water or alcohol-based hand sanitizer.
5. Avoid touching your eyes, nose or mouth.
6. Practice other good health habits.

Coronavirus update

We are monitoring the reports of a novel Coronavirus outbreak originating in China.

What we know:

1. It was first identified in Wuhan, China on December 31, 2019.
2. There are around 600 confirmed cases and 18 deaths at the time of writing this report.
3. A man in Washington State is ill from this virus.
4. At the time of this report there is a suspected case in Brazos County, Texas.
5. There was a suspected case in Reynosa, Mexico but it was ruled out through testing.

6. Screening is taking place in major ports of entry in the USA for travelers from affected areas.
7. Coronaviruses can cause a broad spectrum of illness from mild to severe respiratory illness.
8. We are monitoring closely for any relevant updates and will keep you informed.
9. The CDC recommends that nonessential travel to Wuhan should be avoided.
10. Older adults and people with underlying health conditions may be at increased risk for severe disease from this virus.
11. We will provide updates if the situation changes.

What travelers can do to protect themselves and others:

Source: <https://wwwnc.cdc.gov/travel/notices/warning/novel-coronavirus-wuhan-china>

CDC recommends avoiding nonessential travel to Wuhan. If you must travel:

- Avoid contact with sick people.
- Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Older adults and travelers with underlying health issues may be at risk for more severe disease and should discuss travel to Wuhan with their healthcare provider.

If you traveled to Wuhan or elsewhere in China in the last 14 days and feel sick with fever, cough, or difficulty breathing, you should:

- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

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