

The National University System continues to closely monitor the evolving Ebola outbreak in West Africa and the effect it is having in the U.S. and throughout the world. While there are no known cases within the National University System, we are concerned with the developments surrounding this infectious disease and want to ensure that we are taking the appropriate precautions.

We continue to follow guidance from the [Centers for Disease Control and Prevention \(CDC\)](#) in the evaluation of any student, faculty, or staff returning from an affected area or with concerns about possible exposure. Per the suggestions within the [CDC Advice for Colleges, Universities, and Students about Ebola in West Africa](#), we are requesting that all students, faculty, and staff who have traveled to these affected regions provide a document to their respective institution from a doctor, hospital, or clinic stating that they have completed a [risk assessment](#) (see below) to determine his or her level of risk exposure (high- or low-risk exposures, or no known exposure) and that they do not pose a risk as a carrier of Ebola before going to a National University System campus or administrative office.

There continues to be a [Level 3](#) travel warning in place recommending people avoid non-essential travel to Guinea, Liberia, and Sierra Leone.

The CDC recommends that anyone returning from these countries monitor themselves for 21 days after their return by doing the following:

- Take your temperature twice daily (morning and evening)
- Watch for symptoms, such as: severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.
- If your temperature is above 101.5° F (38.6° C) or you have any other Ebola signs or symptoms, call a doctor, hospital, or health clinic immediately and ask to speak to a nurse.
- **If you have returned from an affected country and currently do not have symptoms, please review the following risk levels and call a doctor, hospital, or health clinic immediately and ask to speak to a nurse, even if you have no symptoms:**

High Risk:

- Needle stick or mucous membrane exposure to blood or body fluids of a patient with Ebola Virus
- Direct skin contact with, or exposure to blood or body fluids of, an Ebola patient without appropriate personal protective equipment
- Processing blood or body fluids of a confirmed Ebola patient without appropriate personal protective equipment or standard biosafety precautions
- Direct contact with a dead body without appropriate personal protective equipment in a country where an Ebola outbreak is occurring

Low Risk:

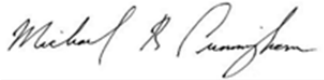
- Household contact with an Ebola patient
- Other close contact with Ebola patients in health care facilities or community settings. Close contact is defined as - Being within approximately 3 feet of an Ebola patient or within the patient's room or care area for a prolonged period of time while not wearing recommended personal protective equipment - Having direct brief contact with an Ebola patient while not wearing recommended personal protective equipment
- Brief interactions, such as walking by a person or moving throughout a hospital, do not constitute close contact

No known exposure:

Having been in a country in which an Ebola outbreak occurred within the past 21 days and having had no high or low risk exposures.

If you are unsure of your risk level and have any concerns, please call a **doctor, hospital, or health clinic immediately and ask to speak to a nurse**. For general questions, please contact the [Office of City University of Seattle's President](#).

Sincerely,

A handwritten signature in black ink, reading "Michael R. Cunningham", enclosed in a thin black rectangular border.

Dr. Michael R. Cunningham
Chancellor
National University System