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April 2, 2020 – COVID-19 Update

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UC Hastings Law

SAN FRANCISCO

April 2, 2020

Dear UC Hastings Community,

As a reminder, the San Francisco [Public Health Ordinance](#) remains in effect, currently through May 3, along with similar ordinances across the Bay Area's seven counties (San Francisco, Santa Clara, San Mateo, Marin, Contra Costa, Alameda, and Santa Cruz). Please continue to remain home with the exception of the most essential activities, as listed in the ordinance. And, speaking of the essential, we want to take a moment to acknowledge and extend our sincerest thanks to the handful of amazingly dedicated critical staff who remain on our campus to keep us safe. We encourage you to think of and appreciate our staff who continue to ensure the safety and security of our campus community during this time.

As of today, UC Hastings does not have a confirmed community case of COVID-19. For frequent updates on our situation, visit the [MyHastings Coronavirus Resources and Info page](#).

In California and elsewhere, public health authorities are emphasizing two important ways to slow the spread of COVID-19: social distancing and hand washing. Now, a growing number of health and science professionals worldwide are recommending a third tactic people can employ to protect themselves and others: wearing a simple mask in public that covers the mouth and nose. A medical-grade N-95 mask is not necessary or recommended. A surgical mask or homemade cloth mask seem sufficient to provide significant protection.

Currently, the CDC advises people to wear a mask only if they are experiencing symptoms (a position that is [actively under review](#)). However, many infected people are asymptomatic. While sneezing and coughing expel virus-containing droplets forcefully, the simple act of speaking also propels droplets into the air. In short: "When I wear a mask, I am protecting you from me. And when you wear a mask, you are protecting me from you." For more information on how the virus spreads and can be slowed, see these articles from the [Washington Post](#) and [Wired](#) or watch this [video](#) featuring two University of San Francisco scientists.

As you know, there is already a shortage of personal protective equipment within the healthcare industry, so we do not recommend purchasing such masks. But making your own mask is simple and easy. There are lots of "how to" videos online. But before getting started, it is important to understand the essential elements of an effective mask, which are explained in this [video](#) and in these [instructions](#).

We understand that the decision regarding whether and when to wear a mask is a personal one. But in light of emerging understanding of how COVID-19 is spread, we encourage all

members of our community to consider wearing a mask when venturing into public. Together with social distancing and hand washing, it can provide an additional measure of protection for ourselves and everyone around us.

We are sending this message as an informational update to increase our communal awareness, health, and security.

Stay safe and well,

David Faigman
Chancellor & Dean

Dr. Glenn Cooney
Medical Director, Student Health Services