



Considerations for Students Returning Home

As we approach the Thanksgiving holiday and then the end of the fall semester, here is information on important considerations surrounding a safe return home from campus or the Chestertown area.

THANKSGIVING BREAK: Students Currently Living on Campus or in Off-Campus Housing

Students who are currently living on campus or in off-campus housing are **strongly discouraged from traveling** outside of Kent County during the Thanksgiving Break, if they intend to return to Chestertown for the remainder of the semester.

Instead, plan to join the holiday celebration virtually, or make plans for a small Friends-giving celebration with roommates or those who are already part of your social pod.

For any students who remain on campus over the Thanksgiving break, a reminder that Dining Services will be closed from 11/23 - 11/27.

If you do choose to travel over Thanksgiving here are some things you need to know:

- It is strongly advised **that you not return to Chestertown or campus** and that you remain home or wherever you travel to for the remainder of the semester. By leaving and then returning to Chestertown, you present additional risk to yourself and others in our community.
- If you do return, you will be required to provide negative COVID test results **before** regaining access to any campus facilities (see Testing Options, next page).

JUST ANNOUNCED IN MD: EXPANDED OUT-OF-STATE TRAVEL ADVISORY

With contact tracing data showing an uptick in confirmed cases connected to travel outside of the state, the governor has directed the Maryland Department of Health to issue an expanded public health advisory for out-of-state travel. **Marylanders are strongly advised against traveling to any state with a positivity rate above 10% or any state with average case rates above 20 per 100K.** Anyone traveling from these states should get tested and self-quarantine while awaiting results.

This public health advisory—which takes effect immediately—applies to personal, family, or business travel of any kind. Marylanders are advised to postpone or cancel travel to these areas until their positivity and/or case rates decline.



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COVID TESTING OPTIONS

WC Health Services can arrange for COVID testing for students on 11/30 between 8:00 and 12:30 PM. Appointments to get a test on 11/30 MUST be scheduled with Health Services by Noon on 11/19. Students should expect to quarantine until the results are returned - current turnaround time is 3-5 days.

To schedule your COVID test, call 410-778-7261. You MUST call by noon on Nov. 19th to make that post-Thanksgiving testing appt.

PUBLIC HEALTH ADVISORY TO LIMIT INDOOR GATHERINGS TO 25 OR LESS.

With contact tracing data showing an uptick in cases resulting from family gatherings and house parties, state health officials have issued a public health advisory strongly discouraging indoor gatherings of 25 people or more.

We urge all members of the WC community to follow this guidance heading into the holiday season.

KNOW BEFORE YOU GO:

- We strongly encourage all students to get an influenza vaccine prior to your return home.
- Be sure to review your home state's travel guidelines and restrictions. Some states are mandating quarantine and/or testing upon arrival.
- Remember that infection or exposure through close contact prior to travel home could disrupt your plans, as travelers who are ill will be banned from boarding airplanes or trains. Do your best to minimize your risks prior to departure by limiting your interactions with others.

DAY-OF TRAVEL TIPS:

- Reduce the number of stops on the trip - fly direct if possible. If driving, pack snacks to limit stops.
- Delay travel if you have been exposed or are experiencing symptoms.
- Follow all safety standards during travel, i.e. wear a face covering at all times, stay at least 6' away from others, and carry and use hand sanitizer frequently.

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ARRIVAL AT HOME - Advice for Students

We encourage you to check your home state for any travel advisories that include guidelines or requirements for testing or quarantine upon arrival.

Even if it's not a requirement, the most cautious approach upon arrival home is to quarantine for the first 14 days upon arrival. This is especially important if there are vulnerable or higher risk individuals living in the home. Quarantining in the home includes:

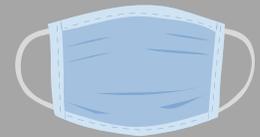
- Eating meals in a private space or outdoors and staying 6 ft. apart
- Use separate serving ware, utensils, glasses and plates.
- Use a separate bathroom from other family members. If not possible, disinfect the bathroom after each use.
- Avoid physical contact including hugging, kissing and shaking hands.
- Wear a mask and maintain a distance of at least 6 ft when in the presence of others.
- Restrict movement within and outside the home.

Consider placing HEPA filter units in the home and opening windows to increase air circulation.

If quarantining is not possible, at minimum stay physically distant from household members, wear a face covering and refrain from close contact.



IF YOU ARE EXPERIENCING ANY SYMPTOMS OF COVID, DON'T WAIT. GET TESTED NOW.



WEAR A MASK. WASH YOUR HANDS. AVOID LARGE GATHERINGS.

MEDICAL AND MENTAL HEALTH AND WELL-BEING WHILE AT HOME

You may be experiencing prolonged or increased periods of stress during this pandemic. Know that you are not alone. If you are feeling sad, anxious, hopeless or in any kind of emotional distress, reach out to your primary care provider, or a mental health professional. **If you are in crisis, call 911.**

If you experience symptoms of COVID-19, consult with your primary care provider and follow all recommendations for testing and quarantine.

Flu vaccines are required for any student returning to campus for the spring semester and also strongly recommended for everyone.

