



The Return of the Flock

EMAIL TO THE WASHINGTON COLLEGE COMMUNITY

CPG Update 11/30/21 – Let's Finish the Semester Strong!

Dear Students,

Thank you for your diligence, compliance, and care with the College's COVID policies this semester. COVID cases have been nearly non-existent on campus over the past few months and that is a testament to your willingness to follow these safety measures.

That being said, as we look to this final stretch before the winter break, it's important to understand that we are facing a troubling mix of risk factors over the next few weeks. Not only is the flu back on the scene, but now there is the new Omicron variant of COVID, which we don't yet fully understand. Add to that the typical end of semester illnesses and viruses that pop up -- partly due to the increased stress on students as we approach final exams -- and what we see is now a triple threat to your health and safety.

So what can we do?

First and foremost, remember to take care of yourself. Get enough sleep, eat well and get some sort of exercise in daily. Finishing out your classes and taking final exams can be stressful, but being mindful of self-care can help you to avoid getting sick on top of everything else. There are a variety of mental health resources available to you, so if you are feeling stressed out and overwhelmed, the Wellness Advocacy Coaches are there for you, or you can utilize the Mantra Telehealth platform to connect virtually with a mental health counselor. These supplemental services are in addition to counseling options provided by our own full-time counselors. You can find more information about all available resources [here](#).

Now is also the time to step up your compliance with COVID policies. Wearing your mask indoors and wearing it properly -- especially in public areas -- is more important than ever, and we've noticed an increased lack of compliance in spaces like Hodson and at indoor athletic events. You may also want to consider avoiding larger gatherings, or even opting for take-out meals from the dining hall.

Additionally, we strongly recommend that everyone:

- Get your flu shot
- Get your COVID booster -- yesterday the CDC advised that everyone 18 and older should get a booster, and we support that recommendation.
- Closely monitor for symptoms and get tested if you are experiencing any COVID symptoms -- this includes symptoms as mild as a runny nose or scratchy throat. Don't assume these things are "just allergies" or that you simply have a cold.

While our regular surveillance testing doesn't include those who are fully vaccinated, you should contact Health Services to schedule a testing appointment if you have ANY concerns at all. They are prepared to accommodate anyone who wishes to be tested due to holiday travel, feeling symptomatic, or other exposure concerns.



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Flu shots and COVID booster shots are available locally at both Walgreens and Chester River Pharmacy. The CVS locations in Chester or Easton are also options within a reasonable distance from campus. Please check their websites for appointment options, as many of these pharmacies are recommending appointments or may no longer be accepting walk-ins.

We are almost to the finish line and appreciate everyone doing their part to close out the semester and send everyone home for the holidays happy and healthy!