

Bring **cranberry sauce** and a dessert. Leave **COVID** behind.

Lee Health reminds the Florida Gulf Coast University community there's a higher risk of contact with COVID-19 during semester breaks. Here's advice on how Eagles can **Protect the Nest** at home and wherever they plan to land for the holidays.



COVID TESTING

FGCU is providing optional, at-home COVID-19 Saliva PCR testing before and after the Thanksgiving break. Students, faculty and staff

who request a kit will be provided two test kits - one to use before you travel and one before you return to FGCU after the holiday. Test kits must be returned 72 hours prior to when you want results.

To request your test kits for Thanksgiving break, sign up at fgcu.edu/healthyholidays prior to Nov. 23. Test kits will be sent to you via interoffice mail or to your student residence mailroom.

For off-campus students, you can pick up your test kit at the Cohen Student Union in Room 246 on Nov. 16 and Nov. 17. Pick-up times are from 9:00 a.m. to 2:00 p.m. You must show an FGCU I.D. when picking up your test kit. (Contact emergencymanagement@fgcu.edu if you're unable to pick up during those hours.) Instructions for completed kit drop-off and free FedEx shipment will be provided to you with the kit. Test results are generally communicated within 72 hours after shipment of test.



TRAVEL TIPS

Travel increases your chances of getting and spreading COVID-19. Staying home is the best way to protect yourself and others. If you do plan to travel, know the risks.

▶ **Staying at public lodgings such as hotels, motels and resorts can increase your risk.** Limit contact with strangers, especially in locations where aerosols are more prevalent such as restrooms, bars, pools, fitness rooms, etc.

▶ **Air travel increases close contact in security lines and frequently touched services in airport terminals.** Most germs do not spread easily on flights because of how air circulates and is filtered. Go to cdc.gov and click on "Travelers Health" for current information and how to get cancellation insurance, in the event you have to make last-minute transportation changes.



WHEN YOU SHOULDN'T TRAVEL

Don't travel if you or any of your travel companions ...

- ▶ Are sick
- ▶ Have suspected or diagnosed COVID-19 (even if you don't have symptoms)
- ▶ Have been around someone with suspected or diagnosed COVID-19 in the past 14 days (even if they did not have symptoms).



CHECK RESTRICTIONS

State, local and territorial governments might have travel restrictions in place, including testing requirements, stay-at-home orders and quarantine requirements upon arrival.

Know before you go - visit cdc.gov and search for "Health Departments." If you are traveling internationally, go to cdc.gov and choose "Travelers Health" then "Destinations" for restrictions around the world.



STAYING SAFE WITH FAMILY

Fraternalizing with the people you live with obviously is less risky. Some suggestions:

- ▶ Have a small dinner restricted to people who live in your household
- ▶ Prepare traditional family recipes for family and neighbors and deliver them in a way that doesn't involve contact with others
- ▶ Have a virtual dinner with friends and family
- ▶ Shop online rather than in person
- ▶ Watch sports events, parades and movies from home



ACTIVITIES TO AVOID

Avoid these higher-risk activities:

- ▶ Going shopping in crowded cities and stores
- ▶ Participating or being a spectator in parades, athletic events or other events with crowds
- ▶ Using alcohol or drugs, which can cloud judgement and increase risky behaviors
- ▶ Attending large indoor gatherings with people outside of your household

For more information on staying safe during the break, visit **fgcu.edu/healthyholidays**

Precautions over the holiday break, continued



HOLIDAY RISK ASSESSMENT GUIDE

Lowest risk: Virtual-only activities, events and gatherings.

More risk: Smaller outdoor and in-person gatherings in which individuals from different households remain spaced at least 6 feet apart, wear masks, do not share objects, and come from the same local area (e.g., community, town, city or county).

Higher risk: Medium-sized, in-person gatherings that are adapted to allow individuals to remain spaced at least 6 feet apart and with attendees coming from outside the local area.

Highest risk: Large, in-person gatherings where it is difficult for individuals to remain spaced at least 6 feet apart and attendees travel from outside the local area.



SPECIAL CONSIDERATIONS

▶ **If you test negative for COVID-19** but you are still sick, delay your travel until you're well

▶ **If you test positive for COVID-19**, don't travel while infectious with COVID-19 even if you don't have symptoms.

▶ **If you are in quarantine**, delay your travel by separating yourself from others until 14 days after your last exposure.

▶ **If you are waiting for test results**, delay your travel until you get your test results.



WHEN TO SEEK MEDICAL CARE

If someone is showing any of these signs, seek emergency medical care immediately:

- ▶ Trouble breathing
- ▶ Persistent pain or pressure in the chest
- ▶ New confusion
- ▶ Inability to wake or stay awake
- ▶ Bluish lips or face

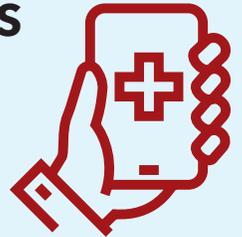
Note: Please call your medical provider for any other symptoms that are severe or concerning to you.

FGCU RESOURCES

▶ **COVID Hotline:**
(239) 590-1206

▶ **Student Health Services:**
(239) 590-7966

▶ **FGCU CARES Team:**
Call the CAPS help line at (239) 745-EARS



Stay Safe Eagles!

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