

# BON SECOURS MERCY HEALTH

October 29, 2020

Dear Students,

As Thanksgiving break approaches and many of you anticipate reuniting with loved ones, traveling, and increased social activity, it is important to remain both mindful and vigilant about the role we each play in the spread of COVID-19.

This portion of the CDC website, updated on October 21, 2020, specifically addresses travel and social gatherings for the holidays. It also outlines steps to take to minimize your risk of illness and reduce viral spread.

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

Of importance, please note:

- Many states and communities have seen large spikes in COVID-19 in the past few weeks – be aware of local incidence rates and possible travel restrictions
- Travel increases your risk of getting and spreading COVID-19
- You may spread the virus for 14 days after exposure – even if you do not have symptoms
- Gathering outdoors lowers risk of spread
- Avoid touching common surfaces and wash your hands frequently – carry hand sanitizer with you and use it frequently

If you suspect you have been exposed to COVID-19 or develop symptoms over the holiday break, you are encouraged to seek evaluation/testing with a health care provider and then notify me of your situation; please do not return to campus until you have received further instruction from me on Monday, November 30th.

Wishing you a healthy and safe Thanksgiving break,

*Dr. Williams*

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