

November 18, 2020

Hi Eagles,

The health and safety of our students, faculty, and staff continues to be a top priority. We are pleased with how the majority of our campus community has been following health and safety guidelines related to COVID-19. We are asking Eagles everywhere to continue being diligent during the holiday season.

The holiday season comes with increased risks of contracting COVID-19 as families come together. Please consider the following guidelines to keep you, your loved ones, and our EWU Community safe:

- **Consider your travel plans.** Travel increases your risk of giving or getting COVID-19. Limiting contact with people outside your current household is the best way to protect yourself or others.
 - **Be safe.** Check restrictions or requirements for testing or quarantining related to travel (<https://coronavirus.wa.gov/travelers-commuters>).
 - **Consider your return date to campus/Cheney.** With no in-person classes or finals after Thanksgiving, we do recommend working/engaging in school remotely if you can. If you test positive or are a close contact after Thanksgiving, it could delay Winter break travel plans.
- **Limit your social activities.** Only gather with those people within your household. Quarantine for 14 days prior to AND after traveling to minimize the risk of transmitting COVID.
- **Maintain public health strategies.** Physical distancing (6 feet), wear a mask, wash your hands.
- **Consider your risk.** It is advised that people who have or been exposed to COVID-19, OR fall into higher risk category should not travel or gather in-person over the holidays.
- **Get a flu shot.** While this does not protect against COVID-19, it is recommended to help ensure you stay healthy during flu season.

If you have any questions about the above, please don't hesitate to contact Health, Wellness and Prevention Services at stuhealth@ewu.edu or 509-359-4279. We also encourage you to stay up to date on how state COVID guidelines are impacting EWU (<https://www.ewu.edu/coronavirus/>).

We know this is hard and we thank you for being part of the light at EWU as we navigate to a brighter tomorrow. While physical wellbeing tied to COVID-19 is highlighted, we know the emotional strain is real. Please check-in with your friends and family. Consider no/low-cost ways to bring cheer to others [TIPS TO CONNECT](#).

Reach out to faculty and staff if we can help! We will continue to identify ways we can better support you and the entire EWU community.
Cheering you on as you head into finals and wishing you warmth and wellbeing this holiday season. GO EAGS!



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