

# Information for Students and Staff from Colleges and Universities who are Returning Home for Holidays or Extended Breaks

If you are planning to return home to spend time with your family or friends during the holidays or for an extended break, please consider taking these steps to help keep you and those around you who may be at risk for severe COVID-19 safe.

## Step 1: Minimize your risk before you leave and while traveling home

- Limit interaction with others for 14 days before departure.
- Wear a mask (also known as a cloth face covering) whenever you interact with another person, especially if you are less than six feet apart, even if you are outside.
- Consider getting tested for COVID-19 before you leave and wait until you have the results before traveling home. It's best to get this test 1-3 days before travel.
- Get a flu vaccine at least 2 weeks before returning home.
- Always follow the COVID-19 core prevention steps (e.g., physical distancing, wearing a mask, and washing hands frequently) and the VDH recommendations for travelers [here](#) to minimize the risk of exposure during travel (whether by personal vehicle or public transportation).



## Step 2: Minimize your risk to your family and friends at home

- Consider getting tested 3-5 days after returning home to help identify any exposures or illness you may have picked up while traveling, and reduce non-essential activities for a full 7 days, even if you test negative. Restricting activity for 10 days is safest.
- Monitor for symptoms for 14 days after arrival and always follow all recommendations (eg., physical distancing, wearing a mask, and washing hands frequently).
- Minimize interactions with others by spending short periods of time with smaller groups of people, outside if possible, and avoiding long, indoor gatherings.
- These recommendations are important all of the time, but ESPECIALLY if you will be seeing older relatives or family members with underlying medical conditions.
- Anyone (you, your family, or friends) who develops any COVID-19 symptoms, even if symptoms are very mild, should isolate from others and get tested as soon as possible. Symptoms of COVID-19 include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.



## Step 3: Check with your college or university before returning

- Many schools will have return protocols (such as quarantining and getting tested) that you should follow at the end of the holiday or break.
- Continue to monitor for any signs or symptoms of COVID-19. Isolate from others and get tested if you develop any symptoms.



IF YOU HAVE MORE QUESTIONS ABOUT COVID-19  
CONTACT 877-ASK-VDH3 (877-275-8343)  
IF YOU ARE HAVING A MEDICAL EMERGENCY CALL 911