

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 safe. [Fully vaccinated](#) people may resume many of their normal activities. [Some people](#) are more likely to develop severe COVID-19 and should talk with their healthcare provider about their need to take additional protective measures, even if they are fully vaccinated.

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

- If possible, get fully vaccinated for COVID-19 at least 14 days before returning home. Visit [vaccines.gov](#) or [vaccinate.virginia.gov](#) or call 877-VAX-IN-VA (877-829-4682) to find a vaccine.
- Follow Virginia [prevention](#) requirements and recommendations for [masking](#), [distancing](#), and other precautions. Follow additional local and campus requirements and recommendations that may apply.
- Follow the [VDH travel recommendations](#) to minimize the risk of exposure during travel (whether by personal vehicle or public transportation).
- Get a flu vaccine at least 14 days before returning home during flu season.

If you are not fully vaccinated, also take these steps:

- Limit interaction with others for 14 days before departure.
- VDH recommends getting tested and knowing your results before you leave. Follow VDH testing recommendations [here](#).
- Follow all recommendations (e.g., [wear a mask](#), [watch your distance](#), and [wash your hands](#) often).

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

- Monitor yourself for symptoms for 14 days after arriving home. 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](#). This also applies to fully vaccinated people.
- Limit the size, frequency, and duration of social interactions if not all people in the group are fully vaccinated. Shorter periods of time with smaller groups of people, outside if possible, are safer.
- Follow all recommendations (e.g., [wear a mask](#), [watch your distance](#), and [wash your hands](#) often) when around people who have a [higher risk of developing severe COVID-19](#) or people who are not fully vaccinated.

If you are not fully vaccinated, also take these steps:

- Consider staying home (quarantining) for 14 days if you were not able to limit interactions with others before leaving campus. Use a separate bedroom and bathroom during this time, if possible.
- VDH recommends getting tested and following recommendations for staying home after travel. These recommendations are available [here](#).
- Follow all recommendations (e.g., [wear a mask](#), [watch your distance](#), and [wash your hands](#) often).
- Get vaccinated or finish your vaccines series while you are at home. Visit [vaccines.gov](#) or [vaccinate.virginia.gov](#) or call 877-VAX-IN-VA (877-829-4682) to find a vaccine near you.

Step 3: Check with your college or university before returning

- Many schools will have return protocols (such as [vaccination](#), [quarantine](#), and [COVID-19 testing](#)) that you should follow at the end of the holiday or break. Local quarantine recommendations may also apply.
- 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 9-1-1

VDH VIRGINIA
DEPARTMENT
OF HEALTH