



## Combatting COVID-19: End-of-Semester Recommendations for Students and Employees

November 2020

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The 2020 Fall Semester will end on November 24, 2020, a few days before the Thanksgiving holiday for most students at Quincy University. For undergraduate students, on-campus courses will not resume until January 25, 2021. Some QU students soon will go home for the Thanksgiving holiday – wherever home might be -- and might not return to Quincy until early 2021. Other students may remain on campus for at least a portion of the weeks between the end of the fall semester and the beginning of the spring semester.

This document provides end-of-semester recommendations for our students and other members of the QU community who may be traveling home or visiting family and friends in the coming weeks. **We urge all members of the QU community to consider carefully how their actions might create the risk of infecting family and friends.** Good decisions now may reduce the likelihood of disease transmission, at a time when COVID-19 cases are becoming more common for much of the country. The guidance listed below is subject to change, based on any updated guidance QU might receive from public health and health science professionals.

**Holiday Plans.** For many of us, Thanksgiving, Christmas, Hanukkah, New Year's Eve, and New Year's Day are times for family gatherings and social activities. All of us are reluctant to abandon our traditions. During the middle of a pandemic, however, large gatherings pose a significant danger to health and safety. Public health professionals have repeatedly urged that all of us consider eliminating some or all of such gatherings. If such celebrations do occur, we are encouraged to keep them small, to prioritize outdoor activities if possible, to keep them short, and to use masking and physical distancing.

**Testing.** Students and other members of our community should consider having a COVID-19 test before leaving campus and returning home or traveling to other parts of the country or world. Any student who wishes to take a COVID-19 viral test should contact Dr. Tracy at [tracych@quincy.edu](mailto:tracych@quincy.edu) no later than **Friday, November 13**, at 3:00 p.m. Tests will be administered on the morning of **Monday, November 16**, with results likely available on Wednesday, November 18.

Students and others who have a positive COVID-19 test result should make quarantine plans with Dr. Tracy, whether for quarantine on the QU campus, in their off-campus Quincy housing, or at home. Those with positive test results will likely need to adjust their travel plans. The university will provide quarantine support for any member of our community who needs that support.

Those with negative test results should know that COVID-19 infection can occur after the test was administered. A negative test result does not relieve anyone of the responsibility for continuing to use masks, physical distancing, and good hand hygiene.

**Travel.** Students and others who are traveling during the holidays should do so with great caution, given the risk of becoming infected during travel. Traveling alone and by car poses a lower risk of COVID-19 infection than travel by train or airplane. Travel should involve the shortest possible routes and avoid restaurants or

other public facilities to the fullest extent possible. Those who are taking airline flights should attempt to book direct flights when possible.

While traveling and in public places, students and others should always wear a mask, wash hands frequently, use hand sanitizer frequently, and practice physical distancing. One way to reduce contact with other people while traveling, whatever your mode of transportation, is to pack snacks and drinks so that you can avoid stops at restaurants and convenience stores.

**Pre-Departure Quarantine.** Before traveling away from Quincy University, students and others should consider self-quarantining for at least 10 days. Doing so may reduce the risk of carrying the virus to a destination and infecting family and friends. A pre-departure quarantine may be particularly important if a family member or friend is over 65 years old or has serious health problems. Pre-departure quarantines are particularly useful if a post-arrival quarantine is not practical (see below).

For advice on pre-departure quarantines, contact Dr. Tracy at [tracych@quincy.edu](mailto:tracych@quincy.edu).

**Post-Arrival Quarantine.** After traveling from Quincy University to a destination away from Quincy, students and others should consider self-quarantining for at least 10 days after arriving at their destinations, with no direct contact with others at those destinations during the quarantine period. Doing so may reduce the risk of spreading the virus and infecting family and friends. A post-arrival quarantine may be particularly important if a family member or friend is over 65 years old or has serious health problems. Post-arrival quarantines are particularly useful if a pre-departure quarantine is not practical.

For advice on pre-departure quarantines, contact Dr. Tracy at [tracych@quincy.edu](mailto:tracych@quincy.edu).

**Mandated Quarantines and Specific States.** Some states and nations impose requirements for COVID-19 testing and/or quarantines for those who travel to those destinations. Students and others should consult the appropriate internet resources to ensure they can comply with those requirements. For example, requirements for the State of New York are available at <https://coronavirus.health.ny.gov/covid-19-travel-advisory>.

Those who are only planning short trips during November, December, or January may discover that quarantine requirements make travel impractical.

**Entry Testing.** Any student who leaves Quincy University to travel home for the holiday break will be subject to required entry testing before or immediately after returning to QU for the 2021 Spring Semester or for other university activities. Details about entry testing requirements will be distributed separately. Procedures for NCAA student-athletes may be different from the procedures used for non-athletes. QU's entry testing requirements for the spring semester will be determined in light of the guidance QU receives from the CDC, State of Illinois, NCAA Sport Science Institute, Adams County Health Department, and the Great Lakes Valley Conference.

**Faculty and Staff Travel.** Quincy University's COVID-19 Policy for faculty and staff is published on the Q Drive and available electronically. The provisions of the COVID-19 Policy continue to apply to any faculty or staff member who travels more than 50 miles away from campus. Please see the policy for further information.