



Holiday Break Information

Florida State University | Fall 2020

Prior to Travel:

Traveling back home and returning to campus is a time a person could potentially spread the virus. Students are encouraged to do the following prior to leaving for campus:

GET A FLU SHOT

Getting your flu shot is more important than ever in order to protect yourself and others. University Health Services is offering a no cost flu shot for students. If you are unable to visit the health center, please use the vaccine finder [here](#) to find flu vaccines in your area.

MINIMIZE RISK OF EXPOSURE AND INFECTION

Any exposure could disrupt plans to go home. If you become infected or if you have been exposed to a person who is confirmed to be infected, you will need to isolate or quarantine before traveling. Travelers who are ill, are infected, or have recently been exposed to the virus will not be allowed to board airplanes and trains.

REDUCE THE NUMBER OF PEOPLE WITH WHOM YOU HAVE CLOSE CONTACT

Any close interaction with persons outside immediate household or residence hall roommates will present an opportunity for infection.

FACE COVERINGS PLAY AN IMPORTANT ROLE IN KEEPING YOU WELL

Be sure you are washing your face covering and wearing it properly.

When returning to campus, consider how your plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe.

Remember, small household gatherings are an important contributor to the rise in COVID-19 cases. The CDC offers [considerations](#) to slow the spread of COVID-19 during small gatherings. These considerations are meant to supplement—not replace—any [state](#), [local](#), [territorial](#), or [tribal](#) health and safety laws, rules, and regulations with which all gatherings must comply.

**The CDC
has a list of
considerations for
small gatherings
of families and
friends.**

[Click here](#) for ways to
keep yourself and your
family safe.



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Travel Advice:

REDUCE THE NUMBER OF STOPS ON THE TRIP

Take a direct flight if possible, and if driving, pack food/snacks for the car trip home.

DELAY TRAVEL IF SICK OR EXPOSED

Anyone feeling ill, recently diagnosed with COVID-19 (within 10 days) or exposed to someone with COVID-19 (within 14 days) should self-isolate and delay travel. Students should follow guidance from their health care provider regarding when recommended isolation/quarantine periods are complete and travel can be resumed.

TAKE SAFETY PRECAUTIONS DURING TRAVEL, ESPECIALLY IF USING PUBLIC TRANSPORTATION.

Wear a face covering at all times and consider also wearing a face shield. Stay at least 6 feet away from other people; if not possible on public transportation, sit as far away from other passengers as possible. Carry and use hand sanitizer (with at least 60% alcohol) frequently.

USE A DISINFECTING/SANITIZING WIPE TO CLEAN ANY TOUCHABLE SURFACES IN THE VEHICLE IN WHICH YOU ARE TRAVELING

This includes planes, trains, and other forms of transportation.

RE-CHECK FOR ANY REQUIREMENTS OR RESTRICTIONS AT YOUR TRAVEL DESTINATION

The least risky option is private transportation by yourself or your family members. If in a car with others outside the household, wear a mask and sit in the back seat if someone else is driving. If weather conditions permit, open the windows.



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While at Home:

MEDICAL AND MENTAL HEALTH AND WELL-BEING WHILE AT HOME

Reach out for help or guidance from your primary care provider, psychologist/mental health clinician, the University Counseling Center, or University Health Services if you are feeling sad, anxious, or hopeless or if you feel emotional distress of any kind.

- University Health Services- 850-644-4567
- University Counseling Center- 850-644-8255
- Consult your primary care provider at home, especially if you have any preexisting conditions or develop any possible symptoms of COVID-19.
- If you have not already done so, please get your flu shot.

TRY TO AVOID CROWDED PLACES (I.E., THE MALL, GROCERY STORES, ETC.)

- Order groceries for curbside pick-up or delivery.

MAKE A LIST OF LOCAL PARKS OR OUTDOOR SPACES WHERE YOU CAN PICNIC, PLAY A BOARD GAME OUTSIDE, WALK, OR PLAY FRISBEE.

SUPPORT YOUR LOCAL EATERIES BY PLACING TO-GO ORDERS.

IF YOU ARE STAYING HOME AFTER THE BREAK, WORK ON CREATING A NEW STUDY SPACE.



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Resources & Tips for Returning to Campus:

When back in Tallahassee, here are some ways to stay socially connected:

CREATE A PLAN DETAILING YOUR STRATEGY FOR SELF-CARE AND ACTIVITIES. KNOW WHAT STORES ARE OPEN AND THEIR HOURS.

- [After Hours Care for UHS](#)
- [University Counseling Center](#)
- [Local pharmacies](#)

EXPLORE CREATIVE WAYS TO [CONNECT OVER DISTANCE](#) WITH FAMILY AND FRIENDS.

TRY OUT A NEW RECIPE FROM THE [SAVVY SEMINOLE COOKBOOK](#).

SHARE A MEAL WITH OTHERS OVER A VIRTUAL PLATFORM.

CREATE A SELF-CARE EXTENDED WEEKEND TO RELAX, TAKE A BREAK FROM SOCIAL MEDIA, OR WATCH A [MOVIE ON DEMAND THROUGH FSU](#).

EXPLORE THE [TALLAHASSEE FOOD SCENE](#) AND SEE WHO IS OFFERING A HOLIDAY MEAL TO GO.

Resources

studentaffairs.fsu.edu/student-life/

stayhealthy.fsu.edu/

cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html

cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html

acha.org/documents/Resources/COVID_19/ACHA_Brief_Considerations_for_IHEs_as_Students_Return_Home_10.29.2020.pdf

acha.org/