



## Guidance for University Students Traveling Home for the Holidays (updated November 19, 2020)



- Students leaving from college to return home from the holidays are at risk of bringing COVID-19 infection home with them, especially if there is an outbreak at their school.
- It is very important for students to quarantine away from their families for 14 days before mingling or socializing with family members in their home environment. The quarantine could be at college before leaving, or once they arrive home.
- Students should seek testing before leaving college or immediately on arriving home, and then again at about Day 7 of their quarantine, if at all possible. They should complete the 14-day quarantine even if the tests are negative.
- Students who have family members at high risk of complications from COVID-19 infection (over age 60 or with chronic medical conditions) should consider completing their quarantine somewhere other than with those high-risk family members.
- It is important that students returning home from college not attend large social gatherings or reunions, which will pose a high risk for spreading COVID-19.
- Only students who *must* remain on campus for employment, required academic or university-mandated activities, or because they are unable to return home should remain on, or return to, campus before the start of the Spring 2021 semester.
- Check travel restrictions for your destination before you go.
- Always wear a mask in public settings and on [public transportation](#). If you are infected with COVID-19, have symptoms, or are within a mandatory quarantine period due to close contact with a known case, you should avoid public transportation if at all possible.
- Get your [flu shot](#) before you travel
- [Stay at least 6 feet apart](#) from anyone who is not in your household
- Wash your hands often or use hand sanitizer
- Avoid touching your mask, eyes, nose, and mouth
- Bring extra supplies, such as masks and hand sanitizer

For more information: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>