

11/06/2020

Dear students,

As we get closer to the upcoming winter break, we urge you to continue to follow health and safety guidelines around COVID-19, both over the next few weeks and during the months you are off-campus. For many of you, your winter break will include travel outside of the region, as well as extended stays with family or friends.

As a Moore student, you play an important role in helping to keep our campus community, as well as your communities back home, as safe as possible. Therefore, it is especially important to remain vigilant as you prepare to leave campus and during your time away, so that you continue to look out for the health and safety of yourself and others.

We have some important recommendations below for the next few weeks and during the break, which come from the City of Philadelphia's Health Department, to help us reduce the likelihood of COVID-19 spread on campus and beyond. Please review these recommendations before you leave and refer back to them as needed.

Before you leave campus and Philadelphia:

- Practice enhanced social distancing over the next few weeks, before you travel home or elsewhere, to reduce the likelihood of COVID-19 spread in other communities.
- Consider getting a COVID-19 test within seven (7) days prior to departure. Tests are available at [Vybe Urgent Care](#) and are covered by most insurance plans.
- [Review all current travel restrictions](#) and prepare as needed. Different state and local governments may have travel restrictions in place, including testing requirements, stay-at-home orders, and quarantine requirements upon arrival.
- Consider whether you are visiting someone who might be at [increased risk for severe illness from COVID-19](#) and prepare accordingly.

After you arrive at your destination:

- Stay home as much as possible and do your best to spend time only with the small, main circle of family members and/or close friends you will see throughout the break.
- Do your best to avoid unnecessary gatherings, both indoor and outdoor. This includes small gatherings with friends.

- If you need to be around people outside of your main circle, wear a mask and practice social distancing at all times.

If you can, consider quarantining for 14 days after traveling and arriving at your permanent residence or other location. During this period, you should monitor your health closely, reduce your contact with others and follow guidance from the Centers for Disease Control and Prevention:

- Take your temperature two (2) times a day and monitor for fever.
- Watch for cough, trouble breathing or additional [COVID-19 symptoms](#).
- Stay home as much as possible and do not go to social gatherings.
- If you need to leave your residence for essentials (such as buying groceries or for banking needs), wear a face covering, practice six (6) feet of social distancing at all times and wash your hands often for 20 seconds each time.
- If you develop symptoms and/or test positive for COVID-19, seek medical attention.

Be sure to delay your travel if:

- You are sick.
- You have had a positive test for SARS-CoV-2, the virus that causes COVID-19, in the past 10 days.
- You have been around someone with COVID-19 in the past 14 days.
- You are waiting for COVID-19 test results. It is recommended that you not travel until you have received negative test results. (Note: Testing is not needed for individuals who have received a positive test in the past 90 days and have finished their 10-day isolation period.)

Thank you for your continued commitment to keeping Moore safe and healthy. We look forward to the last few weeks of the semester and finishing strong!

Sincerely,

Dr. Joshua Wilkin, Dean of Students
Diane Wilkin, RN, Director of Student Health Services