



ELMIRA COLLEGE

CLARKE HEALTH CENTER

November 6, 2020

Dear Residential Students,

As we draw near to the end of Term I and the beginning of the Holiday Break, I wanted to share a few coronavirus safety recommendations and things to keep in mind as you prepare for the Break:

- **Get an influenza vaccination** – if you are on campus, there are flu vaccines available at the Clarke Health Center. Call the CHC at 735-1750 to make an appointment to receive your vaccine. You must bring your insurance card with you to the appointment.
- **Educate yourself on the current status of your home state or community.** This includes knowing what travel restrictions or guidelines you might need to know for states you may have to travel through as well as your home state. Some states require the completion of a travelers' form prior to arrival, along with specific restrictions and testing requirements related to your arrival.
- **Minimize your risk of exposure and infection** during the weeks leading up to your departure from campus. Any exposures could disrupt your plans to go home. If you test positive or are exposed to a person who is confirmed to be infected, you will need to isolate or quarantine before traveling.
- **Reduce the number of people with whom you have close contact** prior to your return home. Close interaction with people outside your immediate residence hall roommates may present an opportunity for infection.

Enjoy the beautiful weather this weekend, but keep the above recommendations in mind as you make your weekend plans.

Thank you,
Wendy

Wendy Fiscus
Nurse Practitioner & Director of Health Services