



Updated: November 18, 2020

COVID-19 TASK FORCE – SEASONAL GUIDANCE

As we move into the winter months with impending seasonal traditions at the forefront of our minds – for many of us who are eager for a semblance of normalcy – be mindful of the ways in which we *should* modify some of our traditions to keep ourselves and our loved ones safe. **Please, note that cases in Mississippi are beginning to increase drastically and as expected. The current positivity rate is 13% and rising.** Be sure to review the incidence of cases in your county and any area you intend to travel to and follow the updated seasonal safety guidance.

- **Stay home as much as possible** to avoid exposing yourself and others to COVID-19. People can contract and spread the coronavirus, unknowingly, and may be contagious from 1 to 3 days before they exhibit symptoms. Because some people may not exhibit symptoms, it is difficult to determine who may have the virus and when or where they contracted it.
- **Monitor your health** for COVID-19 symptoms. Click [HERE](#) for a current list of symptoms.
- **Get tested for COVID-19** at a testing facility of your choice or contact the Campus Clinic at 601-957-6776 to schedule an appointment for testing, **if:**
 - You are experiencing possible COVID-19 symptoms; and/or
 - You believe you have been exposed to COVID-19.
- **Quarantine for a minimum of 14 days, if:**
 - You are experiencing possible COVID-19 symptoms; and/or
 - You believe you have been exposed to COVID-19; and/or
 - You have been tested for COVID-19.
- **Isolate for a minimum of 14 days, if you test positive for COVID-19.** Do not leave your home or safe location to be around others, *in person*, if you know you have been exposed.
- **Follow your respective Tougaloo College Fall 2020 Return to Campus Plan** (for employees and for students) on COVID-19 reporting, testing protocol, and other pertinent information. **See November 9, 2020 email on updated COVID-19 reporting protocol (employees).** If you test positive for COVID-19 during the College break (November 24, 2020 – January 5, 2021), notify the OHWC via email at OHWC@tougaloo.edu.

Winter Activities

Before participating in any winter activities, [know your risk of getting COVID-19](#). Avoid higher risk activities and/or events like:

- Shopping in crowded stores just before, on, or after holidays
- Attending crowded parades
- Participating in crowded indoor gatherings or events
- Having dinner/party with people from different households/different geographic locations

Cases of community transmission from small household gatherings among families and friends is increasing. You should wear a mask and physically distance yourself when around others – who do not live in the same home with you – even if they are relatives or close friends and even if you all are in your home or their home together.

Holiday Travel

The best way to avoid contracting COVID-19 is to stay home as much as possible and practice the COVID-19 safety measures: wear your face covering/mask, practice social (physical) distancing, wash your hands, and avoid touching your eyes, nose, and mouth. Do not travel if you are sick or if you have been around someone with COVID-19. Do not travel with someone who is sick. If you absolutely must travel, be sure to review the current cases in the city, state, or country you intend to travel to. Know the travel restrictions for those areas, which may include a mandatory quarantine period before fully entering your travel destination. Click [HERE](#) for the Centers for Disease Control and Prevention (CDC) travel guidance. You should quarantine for 14 days after returning from travel to reduce the risk of COVID-19 spread from you to others.

Ways to Stay Connected and Safe During the Holiday Seasons

- Make time for connecting with family and friends via phone call, text, or video-call.
- Be creative with festive meals with members of your household, only.
- Consider shopping online versus shopping in person.
- Watch public events at home on television, if possible, rather than in person.
- Mind your mental health – try a meditation app, listen to a calming playlist, or take a walk, *safely*, through your neighborhood.

Before you plan or attend any higher risk activities or events, review the current COVID-19 rates in your state and county. Click [HERE](#) to access the MS State Department of Health COVID-19 case data. Click [HERE](#) to access the current CDC COVID-19 guidance. **Please, click [HERE](#) to find the safest way to celebrate Thanksgiving this year.**

Remember to **Practice your #SafeSix. Click on the pictures or steps for more information.**



#1 [Wear a mask](#)



#2 [Wash your hands](#)



#3 [Maintain Social Distance](#)



#4 [Get tested](#)



#5 [Quarantine/Isolate](#)



#6 [Mind your mental health](#)

Sources: (CDC, 2020; Peer Support Space/Facebook, 2020; Public Health Insider, 2020)