

# STRONGER TOGETHER

## STAY HEALTHY ROYALS

### EMU Employee Winter Break Guidelines

| Dates                      | Symptom Tracker                                                                                                 | COVID hotline                                                                                                                                                                        | Testing options                                                                                                                                                                                                                                                |
|----------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Now-<br/>Dec. 23</b>    | Yes. Fill out the <b><a href="#">symptom tracker</a></b> .<br>Email reminders continue.                         | Yes. Notify EMU if you become ill or are exposed over break.<br><b>Call the COVID hotline (540) 421-3406 or email <a href="mailto:covidhotline@emu.edu">covidhotline@emu.edu</a></b> | Testing through EMU Health Services is available through Dec. 16. See the box below for information related to other testing options.                                                                                                                          |
| <b>Dec. 24-<br/>Jan. 3</b> | No. You do not need to fill out the <b><a href="#">symptom tracker</a></b> .                                    | Yes. Notify EMU if you become ill or are exposed over break<br><b>Call the COVID hotline (540) 421-3406 or email <a href="mailto:covidhotline@emu.edu">covidhotline@emu.edu</a></b>  | Contact your local health provider or visit VDH's website or the Central Shenandoah Health District's Facebook page<br><b><a href="https://www.facebook.com/TheHealthDepartment">facebook.com/TheHealthDepartment</a></b> for current info on testing options. |
| <b>Jan. 4 -</b>            | Yes. Fill out the <b><a href="#">symptom tracker</a></b> .<br>Email reminders will resume to help you remember! | Yes. Notify EMU if you become ill or are exposed over break<br><b>Call the COVID hotline (540) 421-3406 or email <a href="mailto:covidhotline@emu.edu">covidhotline@emu.edu</a></b>  | Testing through EMU Health Services will be available starting on Jan. 4.                                                                                                                                                                                      |

*Remember that if you are ill or have been exposed, do not come to work until you have received a negative test result.*



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### Holiday Travel Guidelines

Employees are asked to review and follow VDH and CDC guidance for [gatherings](#), [travel](#), and [quarantine](#). Here are some highlights:

- Wash your hands often, stay at least 6 feet apart from others not in your family group, wear a mask in public settings, stay home if you are sick, and disinfect high-touch surfaces often. These are all very important ways to help prevent the spread of COVID-19.
- As of Nov. 15, Governor Northam expanded the **mask mandate** established by Executive Order 63 to require all Virginians aged 5 years and older to wear masks in indoor public settings and business establishments.
- All Virginians should **limit group gatherings to no more than 10 people**. Continue to practice social distancing and avoid mass gatherings and crowded places.

#### CDC risk chart for travel

|                |                                                                                                                      |
|----------------|----------------------------------------------------------------------------------------------------------------------|
| Lowest risk    | - Staying home is best.<br>- Short trips by car with members of your household with no stops along the way           |
| More risk      | - Longer trips by car or RV with stops along the way                                                                 |
| Even more risk | - Trips by car or RV with people who are not in your household<br>- Long distance train or bus trips, direct flights |
| Highest risk   | - Flights with layovers<br>- Cruises                                                                                 |

For those employees whose travel and/or activity produces an exposure risk for EMU because they

- are unable to follow the recommendations of the VDH and CDC;
- are exposed to someone who tests positive for COVID;
- develop symptoms of or test positive for COVID;

the employee will need to quarantine for the recommended number of days. They will work with the EMU COVID contact tracer to report the situation and determine a return to campus date. [Call the COVID hotline \(540\) 421-3406 or email \[covidhotline@emu.edu\]\(mailto:covidhotline@emu.edu\)](#) Job duties that can be performed from home may still be completed by the employee. If the employee's work duties cannot be completed at home, they will need to use PTO or vacation time to be compensated for their days away from campus.

