



## GUIDANCE FOR COLLEGE AND UNIVERSITY STUDENTS TRAVELING HOME FOR WINTER BREAK

Students going home for the holidays are at risk of bringing COVID-19 infection with them, especially if there is an outbreak at their college or university. Even if they are asymptomatic (have no symptoms), students could unknowingly transmit the virus to vulnerable and at-risk individuals and contribute to widespread community transmission. Read the information below to keep yourself and your family safe over winter break.

### **Before going home:**

- Students should quarantine away from their families for 14 days before interacting with family members.
  - Students who have family members at high risk of complications from COVID-19 infection (over 60 or with chronic medical conditions) should complete their quarantine somewhere other than in the same household with those high-risk family members.
- Students should consider getting tested before leaving campus and 5-7 days after any potentially high-risk activity (e.g., attendance at a party or gathering). Complete a 14-day quarantine even if the test(s) is (are) negative, as symptoms may occur at any time within that period.
  - When getting tested, provide both your school and home addresses to assist with contact tracing.
  - If a student tests positive, they should have an isolation plan. The isolation period can generally end 10 days after symptom onset and resolution of fever for at least 24 hours, and with improvement of other symptoms. If a person tests positive and has no symptoms, they should stay home for 10 days.
- Download the COVID Alert NJ app on your cell phone. The app is free and available for Apple and Android phones.
- Bring extra supplies with you, such as masks and hand sanitizer.
- Get a flu shot before you travel.

### **Traveling home:**

- Staff and immediate family members of a student residing in an on-campus housing facility who have completed a screening for COVID-19 (e.g. temperature checks, questionnaires about recent health symptoms) can assist with student move-out and related activities.
- Check your state's quarantine recommendations found on the Dept of Health's website before you leave campus. Some states have mandatory 14-day quarantine for travelers from New Jersey.
- Always wear a mask in public settings, including public transportation such as buses, trains, planes, and taxis or ride share services such as Uber and Lyft.
- If you are infected with COVID-19, have symptoms, or are within a quarantine period due to close contact with a known case, you should avoid traveling home. If travel is necessary, make sure you have a separate bedroom to complete isolation/quarantine when you arrive home.

**If quarantining at home:**

- Eat meals in a private space or outdoors at least 6 ft apart from others in your household.
- Use separate serving ware, utensils, glasses, and plates.
- Use a separate bathroom from others in your household. If not possible, disinfect the bathroom after each use.
- Avoid physical contact including hugging, kissing, and shaking hands.
- Wear a mask and maintain a distance of at least 6 ft when around others.
- Do not leave your home or participate in social activities with individuals beyond household members inside and outside of the home.
- Leave your home only to seek medical care or obtain essential goods such as groceries and medicine.

**After your quarantine period:**

- Limit large social gatherings or reunions, especially indoors, which pose a high risk for spreading COVID-19. Be aware of current gathering limitations in place in New Jersey. Try hosting a virtual gathering instead.
- Wear a mask in indoor and outdoor public settings.
- Stay at least 6 feet apart (two arm lengths) from anyone not in/from your household.
- Wash your hands often or use hand sanitizer that is at least 60% alcohol.

**Resources:**

- New Jersey COVID19 Testing Locations: [www.covid19.nj.gov](http://www.covid19.nj.gov)
- COVID Alert app (free): <https://covid19.nj.gov/pages/app>
- New Jersey Department of Health (NJDOH) Isolation and Quarantine info: <https://www.state.nj.us/health/cd/documents/topics/NCOV/COVID-How-Long-Isolate-Quarantine.pdf>
- NJDOH Why You Can't Test Out of Quarantine: <https://www.state.nj.us/health/cd/documents/topics/NCOV/COVID-Cannot-Test-Out-of-Quarantine.pdf>
- NJDOH How Soon After COVID19 Exposure Should I Get Tested: [https://www.state.nj.us/health/cd/documents/topics/NCOV/COVID\\_When\\_To\\_Get\\_Testetd.pdf](https://www.state.nj.us/health/cd/documents/topics/NCOV/COVID_When_To_Get_Testetd.pdf)
- Centers for Disease Control and Prevention (CDC) Holiday Guidance: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>
- NJ Office of the Secretary of Higher Education (OSHE): <https://nj.gov/highereducation/documents/pdf/index/OSHErestart.pdf>