

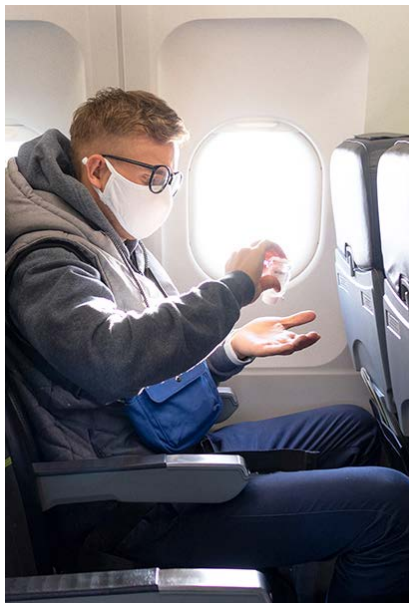
TIPS FOR IOWA STATE STUDENTS RETURNING HOME

Iowa State University Student Health and Wellness has compiled the following tips for students traveling or returning home at the end of the fall academic term.



TWO WEEKS PRIOR TO DEPARTURE

- Get a flu vaccine.
- Review the regulations governing travel to your [destination](#). Some [states](#) require the completion of a travelers' form prior to arrival, along with specific restrictions and testing requirements after arrival.
- Minimize risk of exposure and infection during the weeks leading to departure from campus. Any exposures could disrupt plans to go home. **If you become infected or are exposed to a person who is confirmed to be infected, you will need to isolate or quarantine before traveling. Travelers who are ill, are infected, or have recently been exposed to the virus will not be allowed to board airplanes and trains.**
- Reduce the number of people you have close contact with prior to the trip. Any close interaction with persons outside immediate household (roommates) will present an opportunity for infection.



DAY OF TRAVEL

- Reduce the number of stops on the trip. Take a direct flight if possible, and if driving, pack food/snacks for the car trip home.
- Delay travel if sick or exposed. **Anyone feeling ill, recently diagnosed with COVID-19 (within 10 days), or exposed to someone with COVID-19 (within 14 days) should self-isolate and delay travel.** Students should follow guidance from their health care provider regarding when recommended isolation/quarantine periods are complete and travel can be resumed.
- Take [safety precautions](#) during travel, especially when using public transportation. Wear a face covering at all times and consider also wearing a face shield. Stay at least 6 feet away from other people; if not possible on public transportation, sit as far away from other passengers as possible. Carry and use hand sanitizer (with at least 60% alcohol) frequently.
- Use a disinfecting/sanitizing wipe to clean any touchable surfaces in the vehicle in which you are traveling. This includes planes, trains and other forms of transportation.
- Re-check for any requirements or restrictions at your travel destination.
- The least risky option is private transportation by yourself or with family members. If in a car with others outside the household, wear a mask and sit in the back seat if someone else is driving. If weather conditions permit, open the windows.



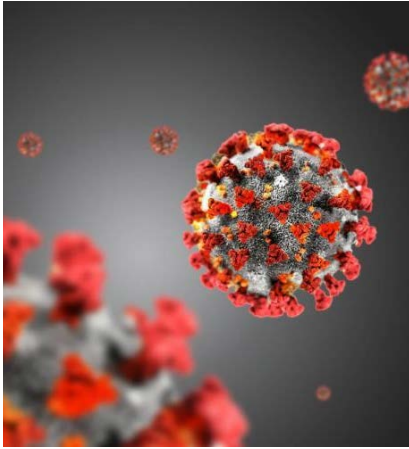
ARRIVAL AT HOME

- The most cautious approach [upon arrival home](#) is to quarantine for the first 14 days after arrival. This is especially important if there are vulnerable, higher risk individuals living in the home and/or there is high prevalence on the campus or in the local community surrounding the campus prior to leaving for home.
 - [Quarantining](#) in the home includes eating meals in a private space or outdoors with family at least 6 ft apart.
 - Use separate serving ware, utensils, glasses and plates.
 - Use a separate bathroom from other family members. 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 in the presence of others.
 - Restrict movement within and outside the home.
- If quarantine is not possible, stay physically distant from family household members, wear a face covering, and avoid close contact, including hugging and shaking hands, for the first 14 days home.
- Consider placing HEPA filter units in the home and opening windows to increase air circulation.



MEDICAL AND MENTAL HEALTH AND WELLBEING WHILE AT HOME

- Reach out for help or guidance from your primary care provider, psychologist/mental health clinician. [Thielen Student Health Center](#) and [Student Counseling Services](#) are here to provide support if you are feeling sad, anxious, or hopeless or if you feel emotional distress of any kind.
- Consult your primary care provider at home, especially if you have any preexisting conditions or develop any possible symptoms of COVID-19.
- Get a flu vaccine while you are home if you haven't already done so.



ADDITIONAL RESOURCES

Consult the following CDC websites for additional information on travel and on safer ways to celebrate holidays with family and friends:

www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html

www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html

Consult the following resources for additional information on wellbeing:

[TAO \(Therapy Assistance On-line\)](#)

[Student Counseling Services Skills Video Series](#)

[Student Wellness Wellbeing Self Assessment Tool](#)

[Taking Care of Your Behavioral Health During and Infectious Outbreak](#)



TESTING OPTIONS

You are encouraged to take above steps to minimize the risk of asymptomatic spread of the virus to your family and community. Not everyone needs to be tested for COVID-19, however if you find you have been exposed or develop symptoms during break, you have several options for being tested. These are also good resources for those needing to be tested prior to traveling.

TESTING SITES IN AMES

Testing is available at these locations:

JOHNNY'S REMOTE TESTING SITE

Available 8AM-4PM through November 23 and resuming normal operations January 10, 2021.

THIELEN STUDENT HEALTH CENTER

Available Monday - Friday, 8AM-5PM through November 25, 2020 and 7:30AM-4PM through January 15, 2021. The clinic will resume normal hours January 18, 2021.

TEST IOWA

Check their website for hours and locations.

If you are outside the Ames area, you should visit your [state or local health department's website](#) to look for the latest local information on testing.

STUDENT HEALTH AND WELLNESS

STUDENT COUNSELING SERVICES
515-294-5056

THIELEN STUDENT HEALTH CENTER
515-294-5801

STUDENT WELLNESS
515-294-1099

RECREATION SERVICES
515-294-4980

