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“Know Before You Go”

Student Health Promotion and Educational Messaging

As we enter the holiday season, travel is known to increase the risk for exposure to the COVID-19 virus. Therefore, each student is encouraged to carefully review data on the prevalence of COVID-19 on their campus, in the local community, and in their destination.

Prior to travel, Health Services is encouraging students to:

- Get an influenza vaccination.
- Review the regulations governing travel to their 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. We are reminding the community that if they become infected or if they are exposed to a person who is confirmed to be infected, they 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.
- Health Services is encouraging the community to reduce the number of people with whom they have close contact prior to the trip. Any close interaction with persons outside immediate household or residence hall roommates will present an opportunity for infection.

Day of Travel Advice for Students

- 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. We are encouraging members of our community to 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 if 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 your 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 Advice for Students

- 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.

Medical and Mental Health and Well-Being While at Home

- We are encouraging students to reach out for help or guidance from their primary care provider, psychologist/mental health clinician, or college health or counseling center if they are feeling sad, anxious, or hopeless or if they feel emotional distress of any kind.
- We encourage students to consult their primary care provider at home, especially if they have any preexisting conditions or develop any possible symptoms of COVID-19.