

RESIDENCE LIFE OFFICE NEWSLETTER

Friendly Reminders

- **Our #1 goal is to stay open**

Please do everything you can to keep us open! Wear a mask, maintain six feet, abide by our visitation policies. **Whenever and wherever possible, you must maintain 6 feet distance between you and others, even when masked, whether inside or outside!!**

Remember to put your mask back on immediately after eating/drinking.

- **No visitation**

Please keep in mind that for Phase 1 of Messiah's reopening plan, students are not allowed to visit with other students in student rooms/apartments **EVEN ON THEIR OWN FLOOR/SECTION**. Masks must be worn indoors whenever you are not in your room/apartment (except in the shower). Outdoors you should **ONLY** be closer than six feet from someone when it's not physically possible to be further than six feet apart, such as on a narrow sidewalk. Masks must be worn if you are less than six feet from someone else outside!

- **Take and record your temperature**



One of the easiest ways to do your part to keep campus safe is by taking *and* recording your temperature daily via FalconLink every day, even weekends! This is mandatory for all students on campus, having your best interest in mind.

Ways to record your temperature amidst technical difficulties:

Link:

<https://apex.messiah.edu/apex/f?p=441:1>

Link also available under Self-Service -> Personal Information tab

Errors:

Submit a ticket with the Help Desk with a screenshot of the error

Don't Leave Campus:

Do not leave campus unless absolutely necessary. Students are expected to avoid large gatherings (25 indoors or 250 outdoors). Necessary events include internships, student teaching, clinical, groceries for students without meal plans, medical appointments, or off-campus jobs. Failure to follow these guidelines could result in losing on-campus living privileges. Any on-campus delivery services, such as Instacart, Peapod, or Grubhub, should take place outside your building. As always, wear a mask, stay 6 feet away and sanitize often.

*“Dear Friend,
I hope all is well
with you and that
you are as healthy
in body as you are
strong in spirit.”*

3 John 1:2

Consider implementing at least one of the following healthy rhythms weekly:

- Spend daily time with the Lord
- Make healthy food choices
- Be active outdoors
- Sign up for a Fitness Center time slot
- Pause to breathe slowly
- Spend time at a place on campus that is relaxing for you
- Journal
- Go to counseling (FREE for 2020-21 school year)

Temperature Tip:

Create a morning “meeting” every day to take your temperature in your phone calendar. If you save the Messiah screening page as the location, you can easily click on it and go straight to it when the meeting alert pops up on your phone.

When Dining around campus:

Please do not add chairs to tables or try to push tables together! These are already distanced and modifying increases risk of exposure.



THANK YOU

for being intentional to
disinfect every time you leave a
communal space on campus!