



## UNDERGRADUATE RESIDENTIAL STUDENTS

### Important action steps to take before leaving for winter break

- Be aware of Messiah's adjusted semester check out timeline. **Messiah's residential housing will close at 10 a.m. on Wednesday, Nov. 25, for all students** (unless you have already been approved/notified for an exception).
- Be sure to follow the check-out procedures from Residence Life. **Note:** there are different procedures based on whether or not you are returning to your same room/residence for the spring semester.

[Check-out procedures for students returning to their same room/residence](#)  
[Check-out procedures for students not returning to their same room/residence](#)

Questions regarding check-out may be directed to [housing@messiah.edu](mailto:housing@messiah.edu).

- Download the FalconCare app so that you have access to Messiah's new 24/7 student telehealth service while you are on break (app will go live on Nov. 20). *Watch your Messiah student email for details.*
- If you have a vehicle registered on campus, please take your car with you or remove it from campus during winter break (to assist with campus snow removal). If this is not possible, you must move your car to the far corner of lot D before you leave. *Questions regarding parking may be directed to [falconexchange@messiah.edu](mailto:falconexchange@messiah.edu).*
- Remember to take home with you any books, reference materials or other resources that you will need to complete your final exams or projects remotely.
- Remember to return your semester textbook rentals. [Refer to these FAQs for more details.](#) *Questions may be directed to [1417mgr@follett.com](mailto:1417mgr@follett.com) or 717.691.6024.*

### COVID-19 health and safety preparedness

**Note:** During winter break, students do **not** need to submit their daily health screening on Falcon Health while living off-campus.

#### If you learn you must quarantine or isolate prior to winter break:

- Prior to winter break, if you test positive for COVID-19 or have been exposed to someone with COVID-19, the Engle Center will process your options with you and determine what will work best for your individual situation:
  - You may choose to complete your semester remotely and travel home to isolate/quarantine **OR**
  - You may choose to isolate/quarantine on campus through Friday, Dec. 4 if needed.

*Messiah's medical staff and Student Success and Engagement team will work with you to develop a plan to help you end your semester well and care for your health and safety.*

## Before you travel: “Know before you go”

Travel is known to increase risk. As a result, prior to departing from campus, students are encouraged 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 your plans to go home.
  - **Note:** if you are confirmed positive for COVID-19, or if you are exposed to a person who is confirmed to be positive, 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 with whom you have close contact prior to travel. *Any close interaction with persons outside of the University’s mitigation protocols will present an opportunity for exposure.*
- For students who would like to be tested asymptotically for COVID-19 prior to travel (i.e., perhaps due to anticipated contact with a high-risk family member at home, or due to end-destination documentation requirements), please see the options below.
  - As of the date of this message, most Urgent Care Centers will only test those who are symptomatic. If you are not symptomatic, however, some of the community-based testing sites through the U.S. Department of Health and Human Services (HHS) are available and free. You will need to schedule an appointment for your test. You can find sites here: <https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html>
  - Please note that not all the sites listed through the HHS website are available to people who are not experiencing symptoms. As of the date of this message, the eTrueNorth sites will accept individuals who wish to be tested but who are not experiencing symptoms, are not at higher risk due to health conditions, and who do not believe that they may have been exposed. The closest site is the Weis Markets on Valley Road in Enola. You do have to register and schedule an appointment prior to testing via this link: <https://scrcxp.pdhi.com/Portal/Member/4cb6782c-b48d-451e-96be-02d2a7b314a3>
  - Messiah has also had a great deal of success with an external testing company called LabCorp, with results typically available within approximately 48 hours online. **Students can take this test without leaving campus.** *To date, the LabCorp kit has been fully covered by most insurance and you may opt to enter your insurance information to pay for the kit.* **Instructions for conducting an “at-home” COVID-19 PCR test from LabCorp:**
    - Begin by ordering your testing kit. Go to <https://www.pixel.labcorp.com>

- On the main page, one of the slides reads: “COVID-19 At-Home Kits.” **Click on “LEARN MORE.”**
- The next page reads “Access COVID-19 Testing at Home.” **Click on “VIEW KIT.”**
- On the page that says “COVID-19 Test (At-Home Kit),” **click on “GET STARTED.”**
- The next page will begin the survey. Read this section carefully as it will determine if you are approved for a kit. The survey has three questions:
  - Question #1 asks about symptoms. Answer as appropriate for how you currently feel.
  - Question #2 asks about exposure. **Please click on “Congregate Setting,” as you are a student in a place where people reside, work, and live communally.**
  - Question #3 asks about risk. Answer as appropriate for your risk level.
- If you have followed the directions, the next page should tell you that you are eligible for the testing and ask for a payment option. While you may choose to pay for the kit yourself (\$119), *the kit is fully covered by most insurance and you may opt to enter your insurance information to pay for the kit.*
- **Enter your information carefully so there are no issues in receiving the kit and having it processed by insurance.**
- You will be sent a confirmation email which will require you to verify your email address. This is necessary to complete the request.
- Once you have confirmed your email, you should receive the kit within 1-2 days in the mail. There are detailed instructions for registering the kit prior to starting the test, the process of self-swabbing and how to return the kit. **You must register the kit prior to starting the testing process. Please read everything carefully before starting.**
- Students who need assistance getting the test to a FedEx box may contact Kim Levengood at [KLevengood@messiah.edu](mailto:KLevengood@messiah.edu) in Student Success and Engagement and she will arrange for delivery.
- Results will be sent to you confidentially online.

### Day-of-travel advice

- 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 to avoid unnecessary stops.
- Delay travel if you are feeling ill or know you have been exposed to someone with COVID-19. If you find yourself in this situation, please contact the Engle Center as soon as possible.
- Take safety precautions during travel, especially if using public transportation. Wear a face covering at all times. Stay at least six 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 percent 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 your 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 household. Quarantining in the home includes:
  - Eating meals in a private space or outdoors with family at least six feet 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 six feet from 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 well-being while at home**

- While at home over break, you are encouraged to reach out for help or guidance from your primary care provider, psychologist/mental health clinician, or to utilize Messiah's FalconCare 24/7 telehealth service if you are feeling sad, anxious or hopeless or if you feel emotional distress of any kind.
- You are also encouraged to consult your primary care provider at home, especially if you have any preexisting conditions or develop any possible symptoms of COVID-19.
- If you haven't already, get your flu vaccine while home for winter break.

**Source:** the above travel guidelines are provided by the American College Health Association. The below CDC websites provide safety information and ways to celebrate holidays with family and friends:

**Travel guidelines (CDC):** <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

**Celebrating the holidays safely (CDC):** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>