



Dear Students,

We hope you are having a successful spring semester and that you and your loved ones are safe and healthy. As we near spring break, we want to advise on how to stay safe during spring break and some updates on COVID-19 vaccines.

We know that many of you will be working, taking care of family, working on school projects, or enjoying a much-needed break. While the case counts in San Diego County and most of the nation have declined, we must stay vigilant in our COVID risk mitigation efforts. With the emergence of more contagious and potentially more dangerous variants, we need to continue our prevention efforts.

Travel is still discouraged

The [CDC is still recommending](#) that you do not travel at this time. Travel increases your chance of getting and/or spreading COVID-19. If you must travel for spring break, please review the [CDC travel requirements and alerts](#). If you do travel, please get tested upon your return, and understand that there is currently a travel advisory in California that requires anyone returning from out-of-state or international travel to quarantine at home for 10 days after returning.

Continue mitigation efforts

Continue to wear a face covering, physically distance, avoid gatherings, and clean and wash your hands regularly. (This is required, even if you have been vaccinated.)

Refrain from gatherings/parties

You should refrain from engaging in activities such as parties, student organization gatherings, or large family gatherings that may put you or others at increased risk. San Diego County currently prohibits gatherings of more than three households, and campus policy prohibits gatherings of any size in campus housing.

Decompress and recuperate

We are at the year anniversary of the pandemic. We all need time to decompress and recuperate, given the stress, strain and loss brought on by this pandemic.

Resources available

Remember that resources are available at the [Student Health and Counseling Center](#) (Tele-Health, Counseling, Groups) and [Cougar Care Network](#) (COVID recovery/loss, academic, financial challenges).

We are hopeful that we are starting to see the end of the pandemic on the horizon, but please maintain your efforts to reduce risk to you, your loved ones and others you might come in contact within our extended community. Thank you for your commitment to the Cougar family as we fight the coronavirus and best wishes on a safe and restful spring break.

Sincerely,

James J. Chun, M.D.
Interim Medical Director, SHCS

Jason M. Schreiber
Dean of Students

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