



Dear Students, Faculty and Staff,

We hope your fall semester is off to a great start! While it may look different than any of us could have imagined, we are grateful for the perseverance and tenacity you continue to show in overcoming the challenges presented by the COVID-19 pandemic.

The health, safety and well-being of our students, faculty and staff are always our top priorities, and we want to provide you with essential information and reminders to help keep you healthy and safe as you continue moving forward to achieve your goals.

Whether you're taking classes or working virtually, in person or a hybrid, you can help protect yourself, family, friends and the community by following these safety guidelines:

- **Wear a face covering:** All campus community members must wear face coverings while on university property and/or when participating in any university-related activities. It is also critical that you wear a face covering when out in the community. Visit our [Face Covering Guidance webpage](#) for more information and resources.
- **Social distancing:** Keep a minimum of 6 feet distance from other people whenever possible while on campus and in the community. This includes avoiding large crowds and groups of people.
- **Eating:** Because facial coverings are off while eating – and there is increased potential of salivary droplets being expelled while eating – it is important to take the extra precaution of maintaining a minimum distance of 10 feet from others while eating. We have prepared outdoor eating areas on campus with appropriately distanced tables (marked by ground decals), and one chair per table. Please do not push tables together or add additional chairs to a table. As a reminder, County health guidelines currently prohibit gatherings of two or more people outside your immediate household, and this includes dining out together with anyone other than your immediate household.
- **Hand washing:** You should wash your hands frequently. Be sure to use warm water, briskly scrub all surfaces of your hands with soap, wash for at least 20 seconds and dry completely. If soap and water aren't available, use a hand sanitizer that contains at least 60% ethyl alcohol.
- **Don't share vehicles:** Employees are not permitted to have more than one person in a vehicle while working. Even on personal time, it is important to avoid sharing a vehicle with people who aren't in your household. If that is not possible, all vehicle passengers should wear a face covering at all times while in the vehicle together, and space themselves as far as practical from each other.
- **Don't share work areas or stations:** It is best to avoid working in close proximity of others. If that is not possible, face coverings should be worn. Don't share work equipment (such as a phone or computer) unless you disinfect the area and/or items first.

If you have any questions related to safety procedures, please contact [Safety, Health & Sustainability](#) at shs@csusm.edu.

In addition to following all safety precautions, please remember that we have these valuable resources available to help you:

- For students, the [Cougar Care Network](#) provides information, connection to resources, advocacy and support in dealing with personal, academic, financial or other challenges. Contact the Cougar Care Network at ccn@csusm.edu or 760-750-7627.
- [Student Health and Counseling Services](#) is committed to supporting students' health needs and promoting their social, emotional and physical well-being. Contact SHCS at shcs@csusm.edu or (760) 750-4915 to make an appointment.
- Our [CSUSM as One website](#) has extensive information and resources to help you navigate the fall semester.
- The County of San Diego is offering free COVID testing on campus seven days a week. Learn more at [this link](#).

We know this has been a difficult and challenging time, and it's critical that we remain diligent to ensure the health and safety of all members of our campus community. Thank you for doing your part to keep your family, friends and campus community safe.

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