



Dear CSUSM community,

As we approach the Thanksgiving holiday next week, we want to thank you for your perseverance. This has been a fall semester like no other and you have come together in new and unprecedented ways to support one another and keep each other safe and healthy. We know it hasn't been easy, but we are in this together.

We want to share a few updates about how we are moving forward toward the end of the fall semester with health and safety at the forefront. As you have seen in news reports, COVID cases are beginning to surge in our region, and as a third wave of the pandemic sweeps across our nation, our collective and individual efforts are more important than ever before. Public health experts warn that even higher rates of infection are expected in the coming weeks as we enter the winter season.

Please continue to do your part by wearing a face mask when around others outside of your immediate home or family unit, maintain a physical distance of at least 6 feet, practice good hygiene and get tested if you think you may have been exposed, have been in a high-risk environment or are showing symptoms of COVID. The [county-operated testing site at CSUSM](#) offers free testing to the public and is open seven days a week, 8:30 a.m. to 5 p.m. (including Thanksgiving).

Here at CSUSM, we are continuing to take precautions and follow updated guidelines from state and local health officials. Below are some additional actions we're implementing as part of our ongoing [CSUSM as One](#) plan:

#### **In-Person Instruction and USU Computer Lab**

As planned, most in-person courses will shift to virtual instruction beginning Nov. 30 out of an abundance of caution with the exception of a handful of essential in-person learning experiences that will continue following all prescribed COVID-19 safety guidelines. Faculty will communicate with students if the modality of a class is shifting.

At this time, the computer lab in the USU ballroom will remain open through the rest of the semester, but we encourage anyone coming to campus to study, work or conduct research to be extra vigilant about health and safety. [USU computer lab hours](#) are Monday through Friday, 10 a.m. to 4 p.m. Please note that the computer lab will be closed Nov. 26-27. The Cougar Pantry will also continue its distributions on Wednesdays as usual.

Before coming to campus, we ask that you review your health. You can complete the [health screening form](#) in the CSUSM Mobile App or online. It's important that you stay home if you are feeling sick.

#### **Travel Advisory**

The U.S. Centers for Disease Control and Prevention (CDC) and regional public health officials are discouraging holiday travel. If you must travel, you should get COVID-19 tested per public health guidelines before and after you travel.

Furthermore, the State of California has issued an [advisory for nonessential, out-of-state travel](#), which states that persons should self-quarantine for 14 days following their return to California. Avoiding travel can reduce the risk of virus transmission and bringing the virus back to California. Employees who currently have an on-campus role and choose to travel out-of-state for personal reasons should notify their manager and make appropriate arrangements to comply with this guidance. Students should notify their faculty member if they have in-person courses to make appropriate accommodations.

#### **Modifying Traditions**

Many traditional Thanksgiving activities can be high-risk for spreading viruses as multiple households come together. The greatest risk of spreading COVID-19 comes from convening larger groups, so it is important to keep gatherings small. Consider alternative ways to celebrate or modify holiday traditions. Both the [CDC](#) and the [County of San Diego](#) offer suggestions for safer ways to celebrate Thanksgiving.

As we reflect on all that we are grateful for, it's important that as an inclusive community we also recognize the impact the holiday has historically had on Native communities. If you choose not to observe Thanksgiving, [here is an article](#) with suggestions for nine things you can celebrate instead. Here is [an informative article from the Smithsonian National Museum of the American Indian](#) on Thanksgiving and what it has meant to generations of American Indian people.

#### **Additional Support**

This time of year can bring up many emotions and feelings. The impact of the ongoing pandemic is adding to the stress, anxiety and depression that many are experiencing. Just as you are taking care of your physical health, your mental and emotional well-being are also important. CSUSM offers a full range of [student support services](#), including mental health services, for [students](#). For employees, [EAP](#), the [Staff Center](#) and [FACES](#) are available.

#### **Recommendation for COVID-19 Testing**

Free testing is available seven days a week at the [county-operated COVID clinic](#) located on campus in the Viasat Engineering Pavilion. The clinic uses a gentle lower nasal swab to test for COVID, and results are shared within 2-5 days. President Neufeldt recently shared just how easy it is to get tested at the CSUSM location.



We are in this together, and we will get through this together. We appreciate the careful and considerate choices you're making to minimize your risk and prioritize the protection of our shared community. On behalf of the entire CSUSM community, we wish you a safe and healthy holiday season.

Share this email:



333 South Twin Oaks Valley  
San Marcos, CA | 92096 US

This email was sent to .  
To continue receiving our emails, add us to your address book.

emma

[Subscribe](#) to our email list.