Hello BSN sophomore students:

We know you are anxious to make spring break plans. The guidance from the Minnesota Department of Health is to avoid traveling out of state and out of the country. Traveling can increase your chance of getting and spreading COVID-19, even if you are vaccinated. However, if you decide to travel, the School of Nursing asks all students to follow public health guidance. The public health guidance applies to whether you are traveling or not and for those that received the COVID-19 vaccine or did not receive the COVID-19 vaccine.

- Do not travel if you are sick or have been around anyone with COVID-19;
- Before traveling, consider if you or those you are traveling with are likely to become severely ill from COVID-19;
- Before traveling, consider if you live with someone that could become severely ill from COVID-19 who you could expose when in public areas, especially when you are on any form of public transportation;
- Wear a mask at all times when in public areas, especially when you are on any form of public transportation;
- Stay at least six feet away from anyone who is not from your household. (If you are visiting your family, they are considered part of your household);
- Avoid contact with anyone who is sick;
- Practice good infection control practices. Cover your cough or sneeze, avoid touching your eyes/nose/mouth, stay at least 6 feet away from others and wash your hands often.

If you travel during spring break--

1. You may return to the lab (Bentson Center/Rochester Lab) for NURS 3705 if you had adhered to all the public health guidelines (e.g. mask, good infection control practices), you are asymptomatic AND have no known COVID-19 family/community exposures.
2. It is recommended that you get a COVID-19 test 3-5 days after you return from travel to ensure you are negative.
3. As per our school of nursing protocol, you will continue to complete the attestation form prior to the time you come to campus for NURS 3705 and the results of your attestation will be used to determine whether you can return to your on campus section of NURS 3705.

**If you must travel internationally, upon return, you will be required to quarantine for 14 days.** If you will be traveling internationally, prior to your departure, contact Carol Flaten (cflaten@umn.edu).

As a reminder, here is the information about where and when you can get tested for COVID-19.

And perhaps the most important point is that things can change depending on positivity rates and further guidance from the Minnesota Department of Health and the Centers for Disease Control.

And as a reminder, if you have received a COVID-19 vaccine, please go to this link (z.umn.edu/sonvaccine) to enter data and upload a copy of your vaccine record.