

Tips for Fall Break 2020

Like most things in 2020, Fall Break will look different this year. Follow these tips to protect yourself and others, and slow the spread of COVID-19.

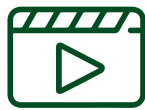
Lower Risk Activities

Gathering only with **people in your household**.



Hosting a virtual dinner and sharing recipes with friends and family.

Playing games or watching movies, sporting events, and parades at home.



Participating in a gratitude activity, like writing down things you are grateful for and sharing virtually with your friends and family.

Shopping online instead of in stores.



If around others outside of your immediate household, remember to always...

Wear a mask over your mouth and nose.



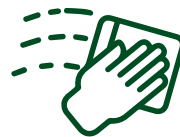
Stay at least 6 feet away from others who do not live with you.

Wash your hands often with soap and water for at least 20 seconds, especially before eating.



Remain outside or in a well-ventilated area (open a window).

Clean and disinfect frequently used surfaces and objects.



Avoid

Traveling

increases your chances of getting and spreading COVID-19, even if you don't have symptoms.



Indoor gatherings –

even small gatherings with a few friends or family members have been linked to COVID-19 transmission.



Crowds of people at a bar, club, parade, sporting event, or in a store.



Sharing food, including potlucks and buffets.



Contact with anyone who is sick or may have been exposed to COVID-19.



These tips were developed from guidelines from the Centers for Disease Control and Prevention (CDC). You should also follow advice from your local public health department.

If you are sick or have been in contact with someone who is sick or has COVID-19 symptoms, you should stay home and away from others.



COLORADO STATE UNIVERSITY

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