

To: Montgomery College Community

From: Chevelle Glymph, Director, Public Health & Environmental Safety

Subject: **COVID-19 Precautions over Winter Break**

Date: December 23, 2021

Good morning. As we all wrap up the semester and travel and gather over the holiday season, I am writing with health reminders of precautions we can each take to remain healthy and safe. These precautions also help us start our spring semester safely when we return after winter break.

I am sure you are aware of the rapid rise in COVID-19 cases in our region and nationwide. Health authorities report that the omicron variant is more transmissible than the delta variant. Test positivity rates, case counts, and hospitalizations are rising. Since many of us are traveling or gathering with family and friends over the winter break, please remember the following precautions:

- Maintain appropriate masking, distancing, and handwashing practices
- Test three to four days after possible exposure before returning to your offices/classrooms
- Plan ahead to schedule testing or secure a test kit since there is a high demand for testing
- Use higher grade masks (for example, KN95) to better protect against virus
- Take the College's online health assessment before you enter your work site via the link at the top of the MC website
- Do not return to your work site if you are symptomatic

I strongly encourage every eligible employee—based on your vaccination dates and type of vaccine you received—to please consider getting your COVID-19 booster over the break. The Centers for Disease Control and Prevention recommends receiving the COVID-19 booster as an important tool in the ongoing efforts to reduce the spread of the virus and to help prevent serious illness and hospitalizations. We need all the protection we can get from the omicron variant. The more we can minimize any potential spread, the better.

Since conditions are changing so quickly, we will send an updated communication when we return following winter break. I wish you and your families a happy and healthy break and look forward to your safe return.