

Dear Meredith Students, Faculty, and Staff:

As Spring Break, scheduled for Monday, March 15 to Sunday, March 21, approaches, we would like to share some essential COVID-19 prevention reminders.

Safe Spring Break Guidance

Meredith College strongly discourages any travel over spring break. If you decide to travel for break, or at other times, remember to follow the COVID safety guidelines listed below. If you do travel or are around anyone you do not live with, we recommend quarantining off-campus and then obtaining a COVID PCR test 5-7 days into your quarantine period. Wait for your results to be returned and only return to campus if your PCR test is negative. Free off-site testing is available in many locations. Visit these links for information in [Wake County](#) and [throughout the state](#).

COVID Safety Basics

While there is positive news on vaccines, therapies, and other efforts to end the pandemic, it is still too soon to let down your guard. The CDC has not made any reductions in its recommendations for college and university environments. Those living in congregate living such as on a college campus, even once vaccinated, must still quarantine for 14 days and get tested after an exposure to a known positive.

Anyone who comes to Meredith for any reason must continue to adhere to the Three Ws: Wear a face covering, Wait six feet apart, and Wash hands frequently. Other guidance includes not gathering in groups and self-monitoring for COVID-19 symptoms (including using the CampusClear app if you live on campus or are coming to campus). Meredith College students and employees are required to adhere to the College's [Community Standards](#) and mandates from the State of North Carolina both on campus and off.

Additional Randomized Testing For Students After Spring Break

Meredith has implemented randomized PCR testing for students this semester as an additional COVID-19 prevention strategy. We are increasing the number of randomized testing participants after spring break as another way to help prevent asymptomatic spread of COVID-19 in our community. Students who live on campus, attend in-person classes, or work on campus are able to participate in the randomized testing program on a volunteer basis. Tests are conducted on campus at no cost to students.

Entrance Testing Reminder

In December, Meredith added entrance testing to its COVID-19 prevention strategies for the Spring 2021 semester. All employees and students are required to provide notice of negative COVID PCR test results before they are approved to return to campus in 2021. **All students and employees who plan to come to campus for the first time after spring break need to complete entrance testing first.** (Please note that if you have already completed entrance testing this semester, you do not need to resubmit after Spring Break.) Visit the [Entrance Testing section of the Staying Strong website](#) for additional details.

Thank you for your continued attention to these important updates and for your adherence to COVID-19 prevention guidance intended to keep the campus and our community healthy.