Title: Covid-conscious spring break

Slide 1: Spring break is here! Stay safe. Covid cases continue to spread globally, and many variants are highly transmissible. Traveling can increase your risk of getting Covid-19. Many universities faced a surge in covid cases post-spring break. Following health and safety protocols can help stop the spread.

Slide 2: Drinking alcohol may compromise your immune system. 4 standard drinks reduces white blood cell infection response by 75%.


Slide 4: Traveling. Get tested before and after traveling and stay home if you test positive. Check your destination's covid situation and comply with restrictions. Be mindful of quarantine and proof of vaccination requirements. Limit the number of people you are traveling with. Monitor daily health, wear a mask, and practice good hygiene.

Slide 5: Stay flexible. Before traveling: mask up, get tested, avoid exposures, isolate if exposed, and monitor symptoms. Do not travel if: awaiting test results, you test positive, you have symptoms, you are exposed, or if isolation period has not ended.

Slide 6: Travel Essentials: proof of vaccination, contactless credit card, disinfectant wipes, face mask, and hand sanitizer.

Slide 7: Did you know? Drinking alcohol does not kill covid-19 ... sharing cups is risky!