

**From:** COVID-19 Health and Safety Task Force  
**Sent:** Wednesday, October 28, 2020 1:10 PM  
**To:** All Staff; All Students; All Faculty; All POI  
**Subject:** RE: 10/28 COVID Weekly Update



As of today, we have **three cadets in isolation and zero cadets in quarantine.**

Bi-weekly Covid Care testing was completed on campus Monday, October 26<sup>th</sup>. **All of the randomly chosen 111 cadets and employees tested received negative results.** The next date for randomized Covid Care (surveillance) testing is Monday, November 9th.

**Pugnare Parati Sumus. To work. To Fight. We are ready. Our Health Center has administered 236 flu shots to date. Strangely the exact same number of COVID tests performed just this month.** If you want to **BE READY**, including to fight an illness before going home for the holidays getting a flu shot will help to prepare you. They are **free and** available now at the Student Health Center; call 707-654-1170 to make an appointment. **Flu and Covid-19 symptoms are often similar—so being protected from the flu may diminish your chances of being quarantined or isolated due to flu-like symptoms.**

**TWO AREAS NEEDING IMPROVEMENT:**

1. **Distancing, even when eating meals.** Don't become complacent and remind one and other.
2. Completing the [Daily Self Check](#). Cadets are not regularly completing the self-check. The Commandants Office, campus service providers, and faculty will be conducting frequent verifications from now on. If you cannot demonstrate the daily check was completed each day, **please expect to be refused service or access to your F2F class.**

The following table represents our testing efforts and results since the summer. We will continue to keep this table updated and include it in our weekly newsletter. As always, we truly appreciate all of your efforts and cooperation, and as you can see, both are paying off. Green are negative results and red are positive results by [PCR](#).

Month	# of COVID Tests	# Isolated	# Quarantined
Summer through August	973/0	6	1
September	221/0	8	2
October	236/0	10	

**Isolation** separates sick people with a contagious disease from people who are not sick.

**Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Bi-weekly COVID Care Testing provides a snapshot of the health of our population. It does not reduce potential exposures. **The daily symptom check, mask use, and social distancing are the most critical tools.** If you have any listed symptoms, you must get cleared by your health provider before coming to campus. The consequences of assuming it is something other than COVID are too high for our community. Cadets living on campus must contact the Student Health Center for guidance and clearance.

We continue to add information to the [COVID website](#) and encourage cadets to share this information with family and provide feedback on any additional information that would be helpful during this difficult time.

Please email questions, comments, or suggestions to [covid19hs@csum.edu](mailto:covid19hs@csum.edu)