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**From:** COVID-19 Health and Safety Task Force  
**Sent:** Thursday, December 3, 2020 7:30 AM  
**To:** All Staff; All Students; All Faculty; All POI  
**Subject:** 12/02/20 Weekly COVID Newsletter



**As of today, we have one cadet in offsite isolation, one cadet in onsite isolation, 12 cadets in offsite quarantine, and one in onsite quarantine. In addition, we have had two employees recently inform us that they have tested positive for Covid-19.**

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 your efforts and cooperation in helping keep our community safe.

Month	# of COVID Tests	# Isolated	# Quarantined
Summer through August	973/0	6	1
September	221/0	8	2
October	227/0	4	5
November	278/3	3	16

**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.

### **Travel**

California and many other states have established [travel advisories](#). If you are unable to quarantine for 14 days after you travel both to your destination and again upon your return, please **DO NOT TRAVEL**. Safe travel protocols that protect you and others remain critical. As of yesterday, we recommend that those who travel and can complete the semester from home should do so. Those who remain on campus will have their activities limited to academic pursuits, watch, and obtaining essentials like food and mail.

### **Safeguarding yourself and others**

We stress this so strongly because, as stated in prior communications, the best way to protect yourself and those around you is by using effective face masks, regular hand washing, and social distancing. COVID-19 has caused a global crisis due to its long incubation time and variation of symptoms--ranging from none to severe illness and even death. Many who carry the virus have no symptoms but unknowingly spread it to others.

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)