

# LAY LOW

*Before*

# YOU GO



## LIMIT CONTACT

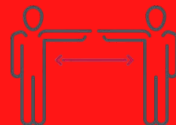
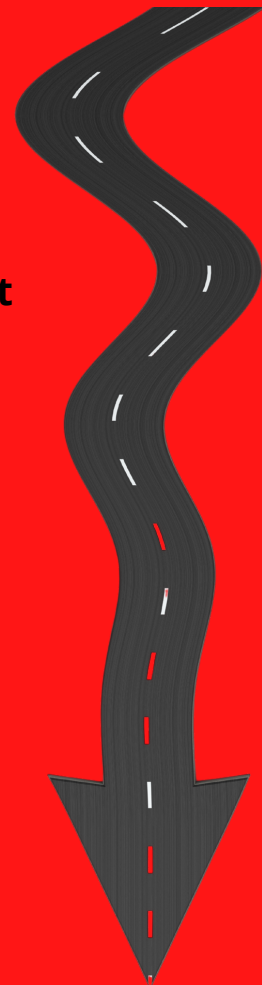
14 Days Before Traveling

- If you have not already started, limit your contact with others. Interact only with roommates for 14 days before traveling home.
- Avoid bars/restaurants and parties. Crowds and drinking have been associated with outbreaks of COVID-19.

## WHEN AT HOME

Continue Practicing Safety Measures

- Limit interactions to the family or friends with whom you are staying.
- Have a virtual celebration with friends or maintain physical distance and wear a mask if you see them in person.
- Develop and communicate COVID-19 mitigation agreements with family and friends with whom you are staying.



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