



Know Before You Go:

Going Home Checklist

We know there's a lot more to think about this semester than usual. Luckily, you're already skilled in keeping yourself and your community safe; you've been doing it for UNH for months now. It's time to bring your efforts home to keep your loved ones, and those in your home communities, safe too. You got this, Wildcats!

2 Weeks (or more) Before You Leave

- Continue to get tested on your 2x a week schedule up until the time you leave.
- Get your flu vaccine.
 - Walk in Thursday or Friday at Health & Wellness or [make an appointment](#).
- Review the state's travel restrictions and regulations where you are going. You may need testing within a certain timeframe or to provide verification of quarantine. You will not be able to board public transportation if you're ill.
 - Visit the [CDC's travel information](#) site for more information.
 - Check the state's local government website.
- Up your COVID prevention game. Keep your loved ones and non-UNH communities safe.
 - Reduce the number of people you interact with regularly.
 - Be extra cautious about physical distancing, mask wearing, hand washing, and covering coughs and sneezes.
- Make sure to get your prescriptions filled for the 2+ months you'll be gone if you want to use the [Health & Wellness pharmacy](#).
 - Call ahead, pay over the phone and pick up at the back door for convenience and safety: (603) 862-1094.

Day-of-Travel Advice

- Things can change quickly. Double check changes to requirements/restrictions at your travel destination.
- Private transportation is the safest option. If that's not possible, limit the number of stops on your trip.
 - Take a direct flight if you can, and pack food/drink for the car trip home.
- Delay your travel plans if you feel ill.
 - When in doubt, self-isolate and get checked out at Health & Wellness: (603) 862-9355.
- Be extra cautious and practice the prevention guidelines you've perfected this semester.
 - Wear a face covering at all times.
 - Stay at least 6 feet from others.
 - Carry hand sanitizer (60% or more alcohol) and use it often.
 - Use sanitizing wipes to clean touchable surfaces.

When You Get Home

- Be as cautious as possible within the first 14 days at home. The best way to keep everyone in your home and community safe is to self-quarantine for 14 days when you get to your destination, especially if there are vulnerable folks at home.
 - Eat meals in a private space or outdoors, with others at least 6 feet away.
 - Do not share utensils, food, etc.
 - Use a separate bathroom, or if not possible, disinfect after each use.
 - Avoid physical contact including hugging, kissing, and shaking hands.
 - Wear a mask and maintain physical distance.
 - Restrict movement within and outside the home.
 - Consider adding HEPA filters or opening windows to increase air circulation if possible.
- Continue to follow public health guidelines.

Caring for your Health and Emotional Well-Being at Home

- Practice self-care.
 - Focus on the basics:
 - Sleep at least 7 hours per night.
 - Move your body for at least 150 minutes per week.
 - Eat well by emphasizing whole foods (fruits, veggies, whole grains, etc.) and hydrate.
 - Get outside in nature for at least 120 minutes per week (less than 20 minutes per day).
 - Be kind to yourself. Practice self-compassion. It's okay (and important) to take breaks. Don't underestimate the power of a few deep breaths.
 - Practice physical distancing, but stay socially connected. Maintain positive social connections that make you feel good.
 - Seek out information from reliable sources. Take social media breaks.
- [Living Well Services](#) at Health & Wellness can help you learn new strategies and skills for self-care and overall well-being.
- If you find you are experiencing mental health difficulties that are interfering with your ability to function day-to-day, reach out to Psychological and Counseling Services at www.unh.edu/pacs or call (603) 862-2090.
- If you have concerns about COVID-19 or think you may be experiencing symptoms, call Health & Wellness at (603) 862-9355, make a [remote telehealth appointment](#), or reach out to your local healthcare provider.
- Please reach out for support. As much as possible, UNH services are still available remotely.
 - Refer to the [Student Life Virtual Care Package](#) for more information about services available to help you care for yourself.

Adapted from: American College Health Association, [ACHA Brief: Considerations for Institutions of Higher Education as Students Return Home](#), October 29, 2020.



#unhtogether