

Thanksgiving Guidance for Students

UCSB campus medical experts and Santa Barbara County Public Health officials ***strongly recommend*** that all students currently residing in the UCSB area (either on campus or in Isla Vista), remain in the area and avoid travel - particularly for the Thanksgiving Holiday. Avoiding travel during the academic year minimizes the risk of transmitting the COVID-19 virus to friends and family you visit, as well as to anyone you encounter while travelling. It also reduces the risk of bringing the virus back to our community from other areas when you return.

If you are traveling home for the Thanksgiving Holiday/Fall Break, it is strongly recommended that you remain at your family home for the remainder of the quarter, and complete your courses remotely from home. Please do not return until Winter Quarter begins in January.

If you are currently enrolled in a Fall Quarter in-person class and you must leave Santa Barbara, please consult your instructor to make alternative arrangements for the remainder of the quarter.

If you remain in the Santa Barbara/Isla Vista area, there will be limited campus services available.

- Click [here](#) for Student Health Services hours of operation.
- Testing clinics will be run all day Monday and Tuesday, and Wednesday morning of Thanksgiving week.
- Housing services will be limited and on an emergency basis only.

If you do leave the area and then later return, you should follow the guidelines listed below to ensure the safety of yourself and our Gaucho community.

Please click [here](#) for CDC information on risks involved with Thanksgiving travel and celebrations

Before you leave...

- It is recommended that you self-quarantine for 14 days prior to your departure to decrease the risk of carrying COVID-19 out of the area.
- Testing will be available and can be scheduled here
 - [UCSB Student Testing](#)
 - [Santa Barbara County Public Health Testing](#)
- A negative test prior to leaving does not mean you won't carry the virus home!
 - The COVID-19 test is an indicator of COVID-19 status only at the time of testing. If you have been exposed either shortly prior to your test or after your test, you can still develop COVID-19 before you leave, or while you are gone.
 - While testing accuracy is improving, you can still have a false negative test.
 - Quarantining after a negative test result can help reduce your risk of carrying the virus home to loved ones.

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While Away...

- Wear a [mask](#) at all times
- Maintain physical distancing
- Frequently wash your hands
- Avoid social gatherings
- Continue to complete the daily symptom survey if you live in campus-owned housing or must be on campus for in-person instruction, labs or work.

Upon Returning...

- Arrange for testing within 48 hours of returning
 - [UCSB Student Testing](#)
 - [Santa Barbara County Public Health Testing](#)
- Enter a 7-day sequestration period
 - Do not leave your apartment/residential complex except for essential activities (such as medical appointments; consider using grocery delivery services).
 - If you share space, wear a mask except when in your personal bedroom or in the shower.
 - Maintain physical distancing within your apartment or residential complex.
 - Set up a kitchen schedule so residents do not occupy the kitchen at the same time
 - Wipe down all surfaces with appropriate [cleaners](#) in all common areas after use.
- Take a second COVID-19 test 7 days after returning to the area to ensure that infection has not subsequently developed.
- If **both** tests are negative:
 - You may resume normal activities, including on-campus classes, labs and work, while continuing to follow all COVID-19 public health protocols.
 - Wear a face covering at all times when outside of your residential unit, except while eating or exercising.
 - Maintain physical distancing at all times.
 - Frequently wash your hands.
 - Continue to monitor for symptoms. If symptoms develop, remain in your bedroom, contact the UCSB COVID-19 response team:
 - 805-893-7129 for Student Health Advice Nurses
 - 805-893-3113 or ucsb-covid19@ucsb.edu for COVID-19 Call Center

As COVID-19 cases increase at an alarming rate in the United States and in the world, we urge you to take these Center for Disease Control warnings seriously. Your decisions will have consequences not only for your own health, but also for the health of your family, friends, and the entire Santa Barbara community.

Click [here](#) for tips on protecting yourself and your community after you travel.