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1-26-2021

## Coronavirus Update 1-26-2021

The Coronavirus Planning Team

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## Coronavirus Update 1-26-21

Coronavirus Planning Contact Us <coronavirusplanningcontactus@sacredheart.edu>  
Tue 1/26/2021 4:14 PM

Dear members of the Sacred Heart University community,

Many of you moved back to campus yesterday and today, and the rest will be coming soon. Welcome! We are so happy to have you back, and we are looking forward to a great spring semester. **We want to remind you as you are out and about to please stay in your pods (roommates, suitemates housemates) along with following the rest of the [Pioneer Promise](#). That means if you are out of your pod—even if you are talking with friends across the hall—you need to be masked and six feet apart.**

We know we have said this before, and we will say it again. That's because we know it is one of the hardest things to do, and we want to emphasize this from the very beginning of the semester in advance of events like Super Bowl Sunday.

### Cautionary Quarantine

Just a reminder that cautionary quarantine means you cannot leave campus. You need to be either in your own residence hall or outside—walking, skating, picking up grab-and-go meals. Exceptions are appointments at the Recreation Center, quick trips to the dining halls and necessary trips to the bookstore.

### Fun for Everyone

Students can soon begin using the new skating rink on the chapel quad. This is just one of the many activities we have lined up to make cautionary quarantine easier for you. You may also run or walk on the Campus Field track, sign up for the limited spots available at the Bobby Valentine Health & Recreation Center or take a walk around campus—all in your pods, of course! There is also trivia tonight from 7-9 for those experts on *Twilight* and *Hunger Games* out there. Tomorrow, you can learn how to be an orientation leader at 2 p.m.; trivia will be on *Superheroes* and *Cars*; and Michael Kent will be sharing jokes, stories and tricks at 9 p.m. Wednesday will bring an opportunity to find out how to get involved at SHU at 4 p.m.; trivia covering the Marvel and Disney universes; and Welcome Back Bingo at 9 p.m. Have fun, but please be safe and considerate!

### Happiness

This week's [happiness talk comes from Valerie Kisselback of campus ministry](#) on happiness and vulnerability. Take a listen!

### Testing

There are still plenty of spots for testing tomorrow and, especially, Thursday. Please [sign up in advance](#). As you know, we will be doing much more frequent testing this semester, including testing undergraduate students weekly. That said, we have added [a list of local off-campus sites for testing](#) to the coronavirus hub on our website for those who may need external testing now or later. Toward the bottom of the section under "Community Testing Sites" is a list of locations for free drive-thru asymptomatic testing.

Stay safe out there,

The Coronavirus Planning Team --

[SHU Coronavirus Website](#) | [SHU Covid-19 Dashboard](#) | [If You Become Ill](#) | [Testing, Tracking, Treating & Tracing](#)

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