Happy new year to the NSU family. I hope you had a wonderful holiday and winter break. On behalf of the COVID Task Force, I wanted to share some important information and context as we prepare to keep our community safe and continue building the Culture of Care President Adams-Gaston has called all of us to do.

On December 18, 2020, the University of Virginia released a COVID-19 infection model that projects if cases continue at their current rate. Virginia will see weekly confirmed cases peak at over 98,000 ending the week of February 7, 13 times higher than what we experienced this last summer. As of the writing of this letter, we continue to see rapidly rising COVID-19 test positivity rates across the state. While our goal is to have students back on campus in the spring, we all need to be flexible, as you were in the fall semester. The decision to move forward with bringing students back to campus will depend on the local conditions with COVID-19 as well as the state and federal directives that may be in place. We monitor these conditions daily and will communicate with you as appropriate to update you on any changes.

Start of the Semester

- Classes Begin – January 27, 2021

Return Testing – All employees may voluntarily take a COVID-19 test on campus for free. Testing will be held on January 14, 2021. If demand warrants it, there may be additional testing times provided. Please see the directions below to sign up for a test.

STEPS to register for the test are as follows:

- Click on the following link: https://norfolk.mywconline.com
- Click on Register for an account above the login field if an account has not already been established.
• Enter your NSU email (only NSU emails will be accepted), First and Last Name, Employee ID, and a Phone Number. Enter in a password of at least 10 characters.
• Set email preferences if desired.
• Hit the complete registration button, which will take you back to the login page.
• Enter your NSU email address and the password you set up during registration.
• Select **Employee Only Return Testing January 14** schedule and an open testing date and time based on available time slots.
• Select the create appointment button.
• Select the close window button.
• Logout.

**Student Return Testing** - All residential students and any student who plans to be on campus this spring for any reason must complete testing on campus prior to January 27, 2021.

• New Students and Residential Students – January 19, 2021 and January 20, 2021
• Returning Residential Students – January 21, 2021 through January 26, 2021
• Commuter Students and Graduate Students – January 22, 2021 through January 26, 2021

**What Will Be The Same?**

• Physical Plant will continue to clean the campus as they did last semester with some enhancements to classrooms specifically. They have restocked our supply of PPE gear and requests for PPE can be made by filling out the PPE Order Request Form and emailed to **EHS@nsu.edu**.
• The Big Three: Wear a Mask (Over your mouth and nose and even outside), maintain six feet from others, and frequently wash your hands and/or use hand sanitizer.

**What is New?**

• Clarifying what to do if you have symptoms or think you have been exposed to COVID-19. If you believe you have been exposed to COVID-19 or are experiencing symptoms, you should contact your primary care physician and follow their directives. If you are diagnosed as positive for COVID-19, possibly exposed, or a close contact of a positive person, call your supervisor and notify them. Your supervisor will notify Human Resources at 757-823-8160 and Environmental Health, Safety, and Risk Management at 757-823-9142. You should remain at home until you are approved to return to work by your primary care physician or the Virginia Department of Health.
• Residential students will be required to participate in random surveillance testing at an increased frequency than last semester.
Daily Wellness Checker – You should have received information regarding the new daily wellness checker through Everbridge. Completing this on a daily basis through your email, text, or the app will be required of all students if they plan to be on campus that day. We are asking employees to participate in this important practice as well. You will be asked to show your approval message in the dining areas, the library, and at events. Faculty and Staff may ask students to show their approval message at your discretion.

Current Virginia Mitigation Measures – Wear masks inside and outside, midnight through 5:00 a.m. curfew, and no social gatherings over 10 people. These are in effect through January 31, 2021, and may be extended.

Information Being Shared with Students

Health and Wellness Tips – Be intentional about what you need to have a successful semester under these challenging conditions.

- Have a Wellness Plan – What you will do to take care of yourself. The Counseling Center, in partnership across campus, is planning weekly programming to help all of us take action to tend to our mind, body and spirit. Plan ahead about the things that help you be successful.
- Improve your chances of staying healthy by getting a flu shot before the start of the semester, having an inexpensive oral digital thermometer on hand, and taking a daily adult multivitamin throughout the semester.
- Communicate with Your Faculty – Online or in person, communicate with your faculty about what you need to be successful. They are ready and willing to assist you, but they can’t help if you don’t raise your hand.
- Ask for Help – There are a lot of people on campus ready and willing to help. If you are unsure of where to start, contact the Dean of Students Office at 757-823-2152, the Student Success Center at 757-823-8507, or my office at 757-823-8141. You can also email covid@nsu.edu.
- Read the Emails – We know it is a lot, but there is a lot changing and a lot to communicate. Do your part and take two minutes to read the entire email.

Thank you for your time and attention. Continue to look for additional information in the coming weeks. We are hopeful and look forward to having our students back on campus for a safe and productive semester.