



Dear SCU Community,

Congratulations on abiding by the suggested guidelines SCU has offered and staying safe! We are proud and grateful that there has been no spread of COVID-19 associated with our University operations. I recognize that COVID-19 has disrupted lives in many ways, and I appreciate your dedication and discipline in following guidelines we have put forth this year. As you prepare for finals and complete this term, I hope you will have the chance to enjoy the break, relax, rejuvenate, and safely connect with family and loved ones.

We appreciate your attention to the guidelines we have provided, and we ask that you please continue to make responsible and evidence-informed decisions throughout the holiday season. We have provided some additional tools to help you stay safe during the holiday season in the attached Infographic.

Please keep in mind the Three C's

In addition to masks and handwashing, which are two essential components, the three C's (Crowds in Close contact with poor air Circulation) are important safety factors to consider when assessing the safety of any situation you may encounter.

Crowding: The bigger the crowd, the greater the risk. Interacting with anyone outside of your household* poses a risk, and may lead to a quarantine situation, but the risk is reduced when the number of people gathering is a smaller group.

Closeness: Remember, the closer people gather, the greater the risk. Maintaining 6 feet is not a "magic number," though it is key public health guidance. Being 6 feet apart is better than being 6 inches apart, but the more distance between people, equals a safer situation.

Circulation: The less fresh air circulation can produce a greater the risk. Outdoor spaces (those with at least 3 open walls) are the safest option because virus-containing particles are diluted and scattered. If, and when, you are considering an indoor venue, pay attention if the establishment has open windows and doors or are they using fans, and using air purifiers to reduce the risk.

It is important to think about the three C's in combination. For example, imagine two people sitting on the same picnic blanket at a beach without masks for 2 hours. It's not crowded, there is good fresh air circulation, but they are quite close. One could infect the other, especially if they are symptomatic, but even if asymptomatic you may find yourself at risk by just talking, laughing, or singing.

We have provided a variety of links below with additional guidance on staying safe over the holiday.

Sincerely,

John

John Scaringe, DC, EdD

President/CEO

*Your household includes the people you live every day. If you are visiting your childhood

house or family that you do not always live with, then they are not considered household members.

Additional Resources

Airplane Travel:

<https://www.vox.com/21525068/covid-19-airplane-risk-coronavirus-pandemic-airports>

<https://jamanetwork.com/journals/jama/fullarticle/2771435>

<https://academic.oup.com/trstmh/advance-article/doi/10.1093/trstmh/traa106/5919605>

Hosting and Attending Gatherings:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>