

## COVID-19 Message

Citrus College Email

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Citrus Community College District  
1000 W. Foothill Blvd., Glendora, CA 91741

# eMEMO

DATE: December 5, 2022  
TO: Citrus College Community  
FROM: Dr. Shauna Bigby, College Nurse  
RE: Staying Healthy This Holiday Season

Dear Campus Community,

As winter break approaches and we prepare to spend time with family and friends, it is natural to let our guards down and find comfort in festive activities. However, an increase in special events and social gatherings can also bring added health risks.

Although vaccines and boosters make this holiday season safer than those of the past two years, the reality is that COVID-19 remains a concern. Additionally, colds, flus and viruses are more common in colder months. With COVID-19 numbers on the rise and cases of RSV (respiratory syncytial virus) already straining hospitals, I wanted to take a moment and remind everyone about several practices that can provide added safety in the upcoming weeks:

- Avoid close contact with others when you are sick or experiencing symptoms.
- Wash your hands frequently and refrain from touching your face.
- Stay up-to-date on your vaccinations and boosters.
- Choose outdoor spaces for social gatherings when possible.
- Be especially cautious in the days leading up to your events.
- When indoors, keep your distance from others and maximize ventilation.
- Wear a mask that fits snugly around your nose and mouth.
- Take a rapid COVID-19 test before gathering with others and after traveling.

Citrus College currently has a supply of rapid COVID-19 tests available to students and employees for free. They can be picked up at the Owl Bookshop, Hayden Memorial Library, Ross L. Handy Campus Center or Student Health Center. It is also important to note that the college continues to

require students and employees to answer daily pre-screening questions on the Citrus Mobile app prior to entering campus buildings. This protocol, as well as the practices mentioned above, are consistent with the recommendations and requirements from the Los Angeles County Department of Public Health. For additional information on the College's COVID-19 protocols and community resources, please visit [citruscollege.edu/covid19](https://citruscollege.edu/covid19)

The holidays are always a busy and eventful time, with the days leading up to the start of the new year being full of celebration and reflection. My hope is that the season fills your homes and hearts with love, and that 2023 brings you good health and much happiness. As always, thank you for continuing to do your part in keeping our campus community safe.

Sincerely,

Dr. Shauna Bigby DNP, FNP-BC  
College Nurse