As we head into the upcoming break and winter holidays, COVID-19 infection rates are spiking all over the country. Here are a few updates and reminders regarding the ongoing pandemic.

1. Washingtonians have been advised to avoid all non-essential travel, especially to other states or countries. People who choose to travel for non-essential reasons are recommended to self-quarantine for 14 days when returning to the state, in order to avoid inadvertently spreading the virus. While we all want to see our loved ones this year, we need to think about our collective responsibility to keep each other safe. Staff will be asked to not work on campus during this 14 day self-quarantine. For purposes of travel, we are not including Oregon border counties as "out of state".

2. Earlier today, Governor Inslee announced that due to dangerously high hospital occupancy rates throughout the state, the restrictions enacted in mid-November are extended an additional three weeks. Statewide limitations regarding indoor social gatherings, restaurants and bars, religious services, and entertainment and fitness venues will remain in effect through the fourth of January.

3. Face coverings are still required at all times on the LCC campus, except when you are alone in an isolated space (such as in an office).

4. The Washington State Department of Health (DOH) recently launched "WA Notify" - otherwise known as Washington Exposure Notifications. It's a new tool that works through smartphones to alert users when they have been exposed to COVID-19. According to state officials, the tool does not track who you are or where you go. Learn more about the app on the DOH website.

5. Local health officials are offering free, drive-through COVID testing throughout the month of December at the Cowlitz County Fairgrounds, during specific hours on Tuesdays, Wednesdays, Thursdays and Fridays. Note that there are some holiday closures. Access the complete schedule on the county’s COVID-19 webpages. You can find information about all Washington testing sites on the state DOH website.

Wishing you all a safe and healthy holiday season.

Nolan

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