



SPRING BREAK AND COVID-19

Note: This content is from the March 11, 2020, issue of the Collegiate Digest.

It is spring break time and many of our members – collegians and volunteers – may be traveling. If you are traveling, we recommend that you consult the [CDC website](#) for travel bans and restrictions.

While on spring break, we know you'll have a great time, but we also encourage you to be safe:

- Plan an itinerary ahead of time.
- Keep your hotel's address and phone number handy.
- Pack your sunscreen.
- Drink responsibly.
- Stay hydrated by drinking plenty of water.
- Power in numbers – have a buddy and look out for your sisters.
- Check in with your loved ones at home.
- Remember that your actions reflect on you and Gamma Phi Beta, so please act responsibly.
- Get some sleep and relax.
- If you do not feel well, consider staying home.
- Wash your hands often with soap and water; if soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth.

Members returning from spring break abroad [should not have any restrictions](#) placed on their membership for traveling. Members returning from spring break who have symptoms similar to COVID-19 should seek medical attention and follow any recommendations from their healthcare provider.

If you are a collegian and your university has placed any restrictions with travel, or once you return from travel, those should be followed by members and chapters.