TOP 10 COVID-19 NEW YEAR’S RESOLUTIONS
Let’s work together to keep Stanford healthy and safe.

1. Get a booster shot
Get a booster shot as soon as you are eligible to do so, preferably before winter quarter begins
- Stanford Health Care: tinyurl.com/stanfordcovid-19boosters
- Santa Clara County: tinyurl.com/sccovid-19boosters
- Vaccines.gov
- Your healthcare provider
Upload your booster documentation to the VadenPatient portal before Jan. 31, 2022

2. If you left campus for winter break, get tested for COVID-19 before returning
- If you are positive, do not travel! Send a copy of your positive test result to the VadenPatient portal
- If you recently tested positive, isolate for 10 days in your current location

3. If you left campus during winter break, take a rapid test when you arrive
Take a university-provided rapid test immediately
- Undergraduates: Kits have been dropped off at each room and in dorm room common areas; use ONE test in each housing unit, the other is for your roommate
- Graduate and professional students: Pick up a kit from R&DE housing service centers and use ONE test per student in each housing unit

4. Everyone should take two Color tests during their first week on campus (Day 0 and 5)
Be sure to complete both Color tests during your first week on campus, unless instructed otherwise by a medical provider
- Then continue testing with Color, at your assigned cadence (once weekly if vaccinated, twice weekly if not vaccinated)

5. Wear a face covering
Protect yourself and each other as studies suggest the risk of spreading the Omicron variant to people you live with is three times higher than it is with the Delta variant
- Face coverings are required in indoor spaces and where social distancing is not possible, including residence halls, even if you are vaccinated

6. Limit indoor exposure
- Get together with friends outdoors
- Avoid prolonged indoor unmasked exposure to people you don’t live with
- Limit private indoor residential gatherings to 4x your room capacity

7. Get a flu shot
- Contact Vaden Health Center (Stanford students)
- Additional flu vaccination resources: vaccines.gov

8. Wash your hands
Wash your hands for at least 20 seconds or use an alcohol-based hand sanitizer to effectively remove harmful germs and bacteria

9. Stay home if you aren’t feeling well
If you begin to experience symptoms, take a Color test immediately
- Rest in your room and keep away from others — Do not go into the dining hall, classes, and indoor gatherings
- If you test positive for COVID-19 and are asked to isolate, visit tinyurl.com/stanfordguidanceonisolation for next steps and what to bring

10. Stay up-to-date with current COVID-19 information
Visit studentaffairs.stanford.edu/covid-guidance

* tinyurl.com/NPRwhy-omicron-spreads-quickly