



## **Stay Healthy, Stay CONNECTed**

As Ohio is experiencing its third COVID19 spike, which has exceeded prior levels reached in March and July, we continue to see an upward trend that has required action. Just prior to the Thanksgiving holiday, three additional health orders have been released this week mask compliance, mass gatherings and a 21-day state-wide curfew.

In total, there are 312,443 confirmed and probable cases of COVID-19 reported in Ohio and 5,772 confirmed and probable COVID-19 deaths. A total of 22,846 people have been hospitalized throughout the pandemic, including 4,250 admissions to intensive care units which has taken most of the state to a level 3 public emergency with Franklin County reaching level 4 (purple) – the first in the state.

In relaying current trends and campus related COVID-19 activity, just a reminder that your actions make a positive difference, especially as we celebrate the holidays. How we approach decision-making and showing respect for the wishes of others can make all the difference in building stronger relationships during the holidays while in this pandemic wilderness.



**Mask Up!**  
**Back Up!**  
**Wash Up!**  
As you spend time with loved ones to celebrate the season of gratitude. We will all be thankful that we did.

## How Your Holiday Celebration Can Be Done Safely

Continuing in planning safe holiday celebrations, Kristen Carpenter, PhD, chief psychologist in the Ohio State Wexner Medical Center's Department of Psychiatry and Behavioral Health is featured in the blog by Susannah Elliott Kistler, "How to Plan Winter Holidays in a Pandemic."

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***"Let's not forget that these traditions exist for a reason...you can piece together a different kind of holiday this year. It might not be the same, but it can still capture that 'holiday spirit,' creating some of those same feelings." Kristen Carpenter, PhD***

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### How to approach decision-making with your family and friends



Over the past several months, we've all seen a wide variety of behaviors related to risk and safety. In a family of four, there may be four different thresholds. That's why it's important to clearly communicate your wishes and boundaries when it comes to the holidays this year, says Kristen Carpenter, PhD, chief psychologist in the Ohio State Wexner Medical Center's Department of Psychiatry and Behavioral Health.

"Everyone involved needs to be on board with the plan," she says. "Be clear about what you're comfortable with, and understand that others will have different thresholds, and respect their wishes as well."

### Identify what about the holidays is important to you

"Let's not forget that these traditions exist for a reason," Carpenter says.

Holiday gatherings serve a function, and the primary function may be different for different people involved. When you're unable to uphold those traditions in exactly the same ways as most years, it's important to identify what you'd miss most.

"What does gathering achieve for you? Is it stepping away from work? Setting aside time to connect with others? Do you love to host and to share your home with others? If you can identify the function of those big gatherings—the needs they serve, the ways in which those experiences nourish you and yours—then you can piece together a different kind of holiday this

year. It might not be the same, but it can still capture that ‘holiday spirit,’ creating some of those same feelings.”

Carpenter points out, for example, that if you’re a person who loves selecting the “perfect” gift and there’s joy in those moments when the gift is opened, arrange a way to see the recipient’s face virtually while they open that present. The same is true for cooking together, eating together and decorating together. Over these months, we’ve all learned new ways to be together apart.

### **Consider what has and hasn’t worked for other 2020 holidays**

We’ve had some practice by now with celebrations in a pandemic. Most of us have had to make decisions about birthdays, weddings, baptisms, births, graduations and other gatherings and milestones.

“Reflect back on what variations worked for you and yours, and what didn’t, and determine how you might build a different plan based on those previous experiences,” Carpenter says.

### **Make a plan now—or don’t**

“For some people, the uncertainty is compounding the stress of the holidays this year,” Carpenter says.

For some, it might feel fine to see what else might happen with COVID-19 before making a plan for Thanksgiving and other holidays. But for others, there’s relief and solace in making and having a plan.

“Within families, there’s usually some variation, but it might make sense for some to decide what to do sooner rather than later. And in that case, make that plan and proceed accordingly. Just because everything is up in the air doesn’t mean that we all have to be waiting.”

### **Remember that this is temporary**

It’s starting to feel like COVID-19 has been here forever. With no clear end in sight, it can be difficult to keep moving forward.

“Hopefully this will be the last winter that looks like this for us,” Carpenter says. “Hold on to the thought that we’re taking safety precautions now so that we’ll all be better able to gather again when this is over.”

### **[Click here for the full blog](#)**

## NEW HOLIDAY GUIDE

A new holiday celebration guide from the Ohio Department of Health has been released to help families celebrate safely during the 2020-2021 holiday season.

The guide provides alternatives to large in-person celebrations for a variety of holidays, including Thanksgiving, Hanukkah, Las Posadas, Christmas, Kwanzaa, Orthodox New Year, and others.

"This year's holidays will look different as we make adjustments to keep our loved ones and ourselves healthy, so we can celebrate together in the future," said Governor DeWine. "Regardless of what holidays you celebrate, please keep the celebration small, and wear a mask and stay socially distanced if you absolutely must celebrate with individuals outside of your household."



The holiday gathering guide is available at [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

## IMPORTANT OHIO UPDATES!

### NEW PUBLIC HEALTH ORDERS

11/13/20 - [Director's Order for Retail and Business Compliance for Facial Coverings throughout the State of Ohio](#)

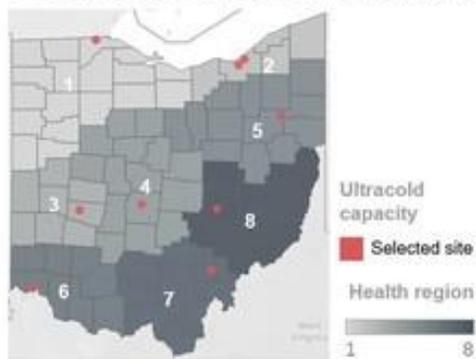
11/16/20 - [Revised Order to Limit and/or Prohibit Mass Gatherings in the State of Ohio, with Exceptions](#)

11/17/20 - [21-Day Statewide Curfew](#)

It is felt that "This is a balanced approach that will slow down people coming together and impact the spread of the virus to the point that it can be controlled, and at the same time, not cause a catastrophic effect in the economy," said Lt. Governor Husted. "You have to care about both the economy and health - you can't just care about one in isolation. Based on all of the recommendations we considered, a curfew was the most impactful option with the least disruption." Governor DeWine also encouraged Ohioans to do one thing each day that will decrease the spread of the virus through mask-wearing, social distancing, and limiting the number of daily contacts.

# Ohio vaccine pre-positioning locations

Ohio-selected pre-positioning locations



Source: State of Ohio, OHA ULT Refrigerator Survey, COVID-19 Provider Enrollment

Health region	County	Selected site
Region 1	Lucas	Mercy Health St Vincent Hospital
Region 2	Cuyahoga	Cleveland Clinic Metro Health Medical Center
Region 3	Clark	Mercy Health – Springfield Regional Medical Center
Region 4	Franklin	Ohio State University Hospital OhioHealth Riverside Hospital
Region 5	Stark	Aultman Hospital
Region 6	Hamilton	University of Cincinnati Medical Center
Region 7	Athens	OhioHealth O'Bleness Hospital
Region 8	Muskingum	Genesis Hospital

COVID-19

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Ohio Department of Health

## VACCINE PREPOSITIONING PLAN

The Ohio Department of Health has identified 10 sites across the state that will receive the pre-positioned vaccine after a COVID-19 vaccine is given emergency-use authorization. Once the Centers for Disease Control and Prevention’s Advisory Committee on Immunization Practices issues its recommendation on how to use the vaccine, these sites will begin administering the vaccine immediately to those who choose to receive it and are identified as able to receive it in the first stage.

Ohio will first vaccinate those who are most at risk, including those who work in long-term care facilities, nursing homes, and other congregate-care facilities, high-risk health care workers, and first responders.

The ten pre-positioned sites were selected based on geography, population, and access to ultra-cold storage capacity. Other sites will begin receiving shipments of vaccine following final approval, potentially just days after the pre-positioned sites begin administering the vaccine.

Governor DeWine once again encouraged citizens to remain vigilant in practicing safety measures until a vaccine is available.

### CAMPUS ACTIVITY

Thank you to all who are contacting me. We have seen a significant increase this past week with an additional 2 classroom exposures resulting in clinical/laboratory settings. The in-person traditional classrooms have not been affected by quarantine or transmission of the virus as students and instructors are maintaining preventative measures. Keep up on handwashing, distancing (no hallway huddles!) and continue wearing masks which avoids the risk of quarantine should a classmate test positive.

Category	Confirmed (isolated)	Presumptive (symptomatic or awaiting test results – self quarantine)	Close Contact (quarantine)
11/13/20-11/19/20			
New Reports	8	4	40

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**Your commitment to practicing health care preventative measures matters!**

### Take the Pledge!

Through observations, there is a high compliance level of participation in preventative measures. I want to honor the commitment you have made through this Healthy CONNECT campaign by giving you the opportunity to put it in writing. Please consider completing the Healthy CONNECT Pledge ([find it here](#)). There will be a drawing from those who complete the pledge and a monthly contest for the percentage of participation in the following categories: by campus, students vs. faculty, and by department.



### Become a Health Ambassador!

SSCC is connecting you to a healthy future by overcoming fear and nurturing good lifestyle choices needed to eliminate COVID-19 transmission through our Health Ambassador campaign. We continue to recruit volunteers to assist in the program and federally funded work study opportunities are available.

Contact Susan Morris at [covid19@sscc.edu](mailto:covid19@sscc.edu) or (937) 509-7828 to volunteer as a Health Ambassador.

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- In addition to email delivery of this newsletter, you can find all the newsletters in one convenient location on the SSCC website [here](#). For being readers of this information, [\(click here\)](#) to answer our question of the week and enter our new monthly drawing. The answer to last week's question:
    - When limiting in-person contact to reduce the risk of COVID 19 transmission: the safest way to approach your holiday celebration is to limit your in-person gathering to your own household, connecting with other family and friends only virtually. And when it comes to holiday shopping, buying online is the safest way to avoid crowds. **[TRUE](#)**
  - Remember we will also use the alert system for critical events, so please make sure you are signed up for those notifications here: <https://www.sccc.edu/students/alerts.shtml>
  - All locations still remain open with face-to-face, online and hybrid class options with operating hours Monday-Thursday from 8am-5pm and Fridays available by appointment.

### **Stay Healthy, Stay CONNECTed**

If you are affected by the virus, we ask that:

- Students maintain contact with your professors and advisors to develop accommodations to be successful in your academic endeavors at SSCC; and
- Employees maintain contact through your supervisor and the human resources department.

Until next week....

Susan Morris BSN MOL – 937.509.7828 – [covid19@sccc.edu](mailto:covid19@sccc.edu)