COVID-19 UPDATES

For the latest information, please visit the Falcons Forward webpage.

– Mandatory Testing Before/After Thanksgiving Break

  o In order to help protect your friends, families and communities you will visit, UWRF is requiring all on-campus students to be tested between Nov. 16-24 and strongly encouraging students living off-campus to get tested that week as well if you plan to travel. Sign up for your appointment now at go.uwrf.edu/gettested.

  o All on-campus students will be required to be tested again after break between Nov. 30-Dec.3. You can make that appointment at the same link. If you live off campus and travel for Thanksgiving, please get tested upon return too, especially if you plan to participate in any face-to-face classes or activities on campus after the break. Please note that the testing center will be closed Nov. 25-27.

– COVID-19 on the rise in Wisconsin and Minnesota

  o The case numbers are on the rise in our state and region, and our hospitals are at or nearing capacity. We all must do absolutely everything we can over the coming weeks to stop the spread of the virus. Remember, Wear, Watch, Wash and keep your circle small – try to stay socially limited to your roommates and/or hang out with just the same 5-6 people. These are sacrifices, on top of months of sacrifices, but we know you can do it! #doyourpartfalcon.

– New COVID-19 testing site on UWRF – NOT intended for students
You may have seen the news that UWRF will be operating a new drive-up surge testing site at Smith Stadium at Ramer Field in cooperation with UW System and the U.S. Department of Health and Human Services. Please note that the new site is primarily for UWRF employees and the broader community. We want all of our students to continue using the site at Hagestad Hall, NOT this new site. Continue to schedule your testing appointments at go.uwrf.edu/gettested.

Look for answers to other frequently asked questions here.

EVENTS THIS WEEK
Stay up to date by downloading the CORO app
NOVEMBER

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**REMINDERS**

- **Virtual Combating COVID Wellness Challenge**
  - Join us in a virtual Combating COVID Wellness Challenge Nov. 9-Dec. 6, hosted by the Health and Human Performance Department. Combating COVID is a four-week challenge where participants can improve their fitness while staying safe at home. It includes a series of cardio and strength-based workouts with checkpoints to assess progress. Prizes for taking part in the challenge. Registration at the link above. Registration fee is $10. All proceeds go to the COVID-19 Student Relief Fund. For more information, email mari.kline@uwrf.edu.

- **Falcon's Nest Hangs**
  - The Falcon’s Nest will be open on Fridays from 6-9 p.m.; Saturdays from noon-9 p.m.; and Sundays from noon-9 p.m. Hang out in an indoor environment! Please see the guidelines below.
  - Falcon’s Nest Hangs guidelines:
    - Groups of 6 or less.
    - Each student must sign into the CATS tracking system.
    - Masks are required at all times.
    - Food and drink are prohibited.
    - Each group has a one-hour time limit.
    - Walk ups only. No reservations. If the nest is full (25-person capacity), you will be asked to check back later.
    - If groups do not follow these guidelines, they will be asked to leave.
  - If questions, email studentinvolvement@uwrf.edu

**COMING UP**

- **Medallion Hunt - Monday, Nov. 16**
  - We know that folks missed the Homecoming Medallion Hunt this year, so we are doing one in November! Follow @uwrfgetinvolved and @uwrfrec on Instagram each day to find the medallion. The winner will win a Falcon prize pack. Happy hunting!
  - Mental Health Monday - Monday, Nov. 16
This Mental Health Monday will focus on several different strategies you can do at home to enhance your mental health. Join us for a hands-on, virtual hour of activities! Also, one lucky participant will win a self-care prize pack!

- **Random Acts Student Org Hosts Virtual Speaker: Rachel Miner**
  - Rachel Miner, who played Meg in "Supernatural," will talk about Kindness and Inclusivity! Join us on Cisco Webex, 6 p.m., Tuesday, Nov. 17.

**KEEP UP TO DATE**

- [Diversity, Inclusion and Belonging weekly email announcements](#)
- [Student Voice - campus newspaper](#)

**QUESTIONS or COMMENTS**

falconweekly@uwrf.edu