



MAY 29, 2020

COVID-19: Danforth Campus Digest

*This digest is a compilation of **important COVID-19 related news and updates** for students, faculty and staff on the Danforth Campus. We'll send this to our community as needed to share new information, including important steps members of the Danforth Campus community must take to help protect the health and well-being of our community. Thank you for your attention to these communications, and for your continued support of our response efforts.*

Coming back to work on campus? Here's what you need to know

Personnel who are returning to work on the Danforth Campus next week should review the [Return to Campus](#) section of the HR website and pay close attention to the requirements for returning to campus. All personnel must complete Return to Campus Training and also conduct a daily self-screening each day before coming to work. *If you do not have a thermometer to take your temperature, contact your manager.*

To complete the self-screening, visit screening.wustl.edu. This replaces the current BJC Screening Portal that was initially shared.

[Learn more](#)

St. Louis County issues Travel Advisory

The St. Louis County Department of Public Health issued a [Travel Advisory](#) on May 25, 2020 following widespread reports of individuals who traveled to the Lake of the Ozarks over the Memorial Day weekend and ignored social distancing

guidelines. Employees should review the Travel Advisory and follow the recommendations if it applies to you before returning to work.

Six steps to better sleep from WashU wellness experts

Getting a good night's sleep is essential to maintaining good health. Good sleep is free and is perhaps the most budget-friendly step you can take toward wellness. Even a simple step added before bed can help you on your path to better sleep. Learn more about the six steps to establishing a sleep routine from the WashU Wellness Consultants, and find a routine that works for you.

[Read article](#)

Online employee learning opportunities

Zoom sessions are available through the virtual "[Learning Room](#)" covering key topics such as transparency and resiliency. Many employees have participated in these online professional development courses through HR Learning and Development, and more sessions will continue to be added to help employees and managers navigate. Course registration and other learning tools are available on the [online learning web page](#).

Learn about the university's response to COVID-19

The latest research and news stories related to the COVID-19 pandemic are available on [The Source](#). You can also [share your own photo, video or personal story](#).

We appreciate your ongoing support and cooperation as we manage this unprecedented situation. Please continue to visit the university's [COVID-19 website](#) for the latest information.