Hello fellow Golden Bears! For those of you that like to follow the data, a few positive data points indicate that Omicron is genuinely in our rear-view mirror:

- The Massachusetts Dashboard now indicates that the state’s positivity rate is down to 3%.
- Across the Commonwealth, institutions of higher education are reporting a positivity rate of 0.9%.
- The CDC Data Tracker reports that Hampden County is down to an 8% positivity rate.
- WNE Internal Data indicates a dramatic decrease in the overall number of cases and a positivity rate last week of 2%.

Because of the positive trajectory of the current state of the pandemic, the EMRT team is pleased to announce the following policy changes:

**Spectator Policy**
The capacity of our on-campus sporting events will increase to 100%, effective Monday, February 21, 2022.

**Guest in the Residence Halls**
Restrictions for guests in the residence halls have been lifted, effective Saturday, February 12, 2022.

**Golden Bear for a Day Overnight Program**
The overnight portion of the Golden Bear for the Day Program may resume effective Tuesday, March 1, 2022.

**Upcoming Booster Clinics**
Are you up to date on your COVID-19 vaccines? Friday is Booster Day at WNE! Upcoming booster clinics are:

- Friday, February 18, 2022 — Pfizer Clinic
- Friday, February 25, 2022 — Moderna Clinic
- Friday, March 4, 2022 — J&J/Janssen Clinic

All clinics are from 9:00 a.m.-2:00 p.m., and scheduling is easy! Use the link below to self-schedule your appointment.

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**Booster Clinic Self Scheduling**
Mental Health Tips | Tools and | Resources
This section is new for the weekly update. It will be devoted to providing updates to the campus community on tips, tools, and mental health resources that may help us manage the stress and anxiety related to the pandemic and life in general. The following is a list of apps our campus community may find helpful:

**Calm** — Calm is a meditation app designed for people new to meditation. With guided practices from 3 to 25 minutes in length, Calm will help you focus on a variety of topics from sleep to gratitude.

**Moodkit** — Based on Cognitive Behavioral Therapy, MoodKit helps people improve their mood by engaging them in over 200 mood enhancement activities like thought checking and journaling.

**TalkLife** — Developed by folks at Harvard and MIT, TalkLife is a peer support platform that engages an online community for people who just need someone who is willing to listen. Posting can be done anonymously.

**My3app** — My3app is a safety plan tool that helps people at high risk for suicide. It helps people develop a written list of coping strategies and sources of support.

In addition, the WNE community can find additional resources for Mental Health and Wellness at [https://www1.wne.edu/student-life/health-and-wellness/wellness-resources.cfm](https://www1.wne.edu/student-life/health-and-wellness/wellness-resources.cfm)

If you have questions or concerns about this weekly update, contact the Center for Health and Wellness at 413-782-1211.

Respectfully,

**Basil A. Stewart**
Vice President for Finance and Administration
Chair, Emergency Management Response Team (EMRT)  

**Kathleen M. Noone**
Director, Center for Health & Wellness