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Five Things You Should Know This Week

University Communications and Marketing

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Oct. 26, 2020

As we continue with the fall semester in accordance with our Return to Campus plan, here are **Five Things You Should Know This Week**:

1. Homecoming starts next week!

Georgia Southern hosts Homecoming activities next week, Nov. 2-7. Of course, things will look different because of the COVID-19 pandemic, but this weeklong observance plays host to Georgia Southern alumni, current students and community members. The celebration includes a variety of special events, reunions, social gatherings and even a virtual parade! The week is highlighted by the Eagles Homecoming game on Nov. 7 against Troy at Paulson Stadium. [Find out more about the Homecoming and how you can participate at https://students.georgiasouthern.edu/homecoming/](https://students.georgiasouthern.edu/homecoming/).

2. We cannot become complacent with COVID-19

While the numbers of confirmed cases and self-reported cases of COVID-19 at Georgia Southern remain stable, some parts of the country are seeing a rise in cases. We must continue to limit face-to-face gatherings, remain socially distant, wear masks, and wash our hands. As the flu season approaches, these efforts will continue to be important to maintain the health and safety of our communities. With fall and winter holidays approaching, [the CDC has provided new guidance to help protect individuals and their families, friends, and communities from COVID-19](#). The site lists considerations and recommendations for a variety of celebrations, including low-risk, medium-risk and high-risk behaviors, and a wealth of other information such coping with stress and traveling safely during a pandemic.

3. HR offices in Statesboro have moved

Human Resources personnel in Statesboro have consolidated and moved all their offices into the building formerly known as Human Ecology Building, next to the Child Development Center and across the street from Public Safety. The building will now be called the Human Resources Building. The former HR location will be renovated for a new Enrollment Services Center to make it more convenient for students to get fast and friendly service.

4. IT volunteers needed for Nov. 3 election

The Georgia Secretary of State's office is seeking volunteers to provide information technology support at polling locations and election offices across the state. Volunteers can fill out this [poll worker sign-up form](#) and list the University System of Georgia under "organization." For volunteers interested in providing IT support, they can check the box to serve as a "tech worker." This information will then be provided to county election offices, which have the responsibility of staffing polling places and training poll workers. Poll workers and tech workers are paid by the County Election Boards and serve in the county where they are registered to vote. Employees should notify their supervisor of the request to volunteer and submit a request to use appropriate leave. [For more information about becoming a poll worker, interested volunteers can visit https://securevotega.com/poll-worker-faq](https://securevotega.com/poll-worker-faq).

5. Experts remind us to take care of our physical health

Georgia Southern's Student Wellness & Health Promotion office reminds everyone that the body is primarily composed of water, so, staying hydrated is crucial to your physical health. Staying properly hydrated helps the body's cells to function more efficiently. Cutting back on sugary drinks is good for your dental health, your weight and your budget. Exercising regularly is also important. Take a walk, ride a bike, or jog around the neighborhood. Push-ups, sit-ups, squats, lunges and

stretching go a long way toward improving your health. Getting off the couch to play kickball or go on a hike with friends creates memories and good habits. Follow @GSCampusRec on social media for ideas!