COVID-19: Campus Safety and University Resources

ISSS Pre-arrival Webinar Series

January 8, 2021
About the Webinar Series

The Pre-Arrival Webinar Series is an optional webinar series provided to incoming international students before they arrive in Iowa City. The objective of the series is to help new international students:

• Arrange plans for travel to, and living in Iowa City
• Understand orientation expectations and responsibilities
• Transition to student life and academics at the University of Iowa

All webinars are recorded and posted on

https://international.uiowa.edu/prearrival-webinar
During the Webinar

• If you encounter any technical difficulties, please let us know in the Chat function.

• If you have any questions related to today’s topic, please use the Q & A function to post your questions. We will answer them live at the end of the webinar as time permits.
Have You Received Your I-20 or DS-2019?

• I-20 sent electronically
• DS-2019 requires eShipGlobal shipping fee payment
• Once document is received, apply for visa
• Information in the Pre-arrival Checklist in iHawk (ihawk.uiowa.edu)
• Questions? Contact: isss-orientation@uiowa.edu
Important Dates

• January 18, 2021: latest date to arrive to Iowa City
• January 19-22: International student ONLINE orientation
• January 25: Spring 2021 semester start date
Presenter Introductions

Paul Natvig
Director, Student Health

Ian Evans, Associate Director, University Counseling Services

Virginia Ibrahim-Olin, Director of Housing Administration, University Housing & Dining
Presenter Introductions

Carrie Miller, Associate Director
Academic Advising Center

Michael Bortscheller, Associate Director, ISSS

Andrea Siebenmann, ISSS Senior Advisor and Webinar Coordinator
Webinar Goals

• Review health and safety measures related to COVID-19
• Learn about mental health assistance resources
• Understand living and dining options while staying on campus
• Learn about instructional options in Spring 2021 semester
• Hear up-to-date travel and immigration information
• Live question and answer time at the end.
Health and Safety

Paul Natvig, Student Health
Services Offered

• **General medicine** including physicals, evaluation/treatment of acute / chronic illness or injury, sexual health, LGBTQ care, sleep problems, skin issues, etc.

• **Women’s health** including pap smears, contraceptive management, procedures- IUD, colposcopy

• **Psychiatry** including behavioral and medication assessment / management, mood disorder treatment, OCD treatment, ADHD treatment

• **Weight Management**

• **Eating Disorders**

• **International Travel shots and education**

• **Immunotherapy (allergy shots)** administration of shots ordered by your local allergist

• **Immunizations** shots / tests required for UI programs and recommended by CDC

• **On-site laboratory**

• **Nurseline** RN triage phone line

• **Coordination of care with specialists at University of Iowa Hospitals & Clinics**
How to reduce your chances of contracting COVID-19

→ Wear a mask that covers your nose and mouth to help protect yourself and others. Masks offer some protection to you and may protect those around you if you are unknowingly infected with the virus that causes COVID-19.
   • Choose a mask with two or more layers of washable, breathable fabric that fits snugly against the sides of your face.

→ Stay 6 feet apart if possible and avoid crowds.
   • The more people you are in contact with, the more likely you are to be exposed to COVID-19.

→ Avoid indoor spaces as much as possible, particularly ones that aren’t well ventilated.
   • You may find it harder to stay 6 feet apart in indoor spaces.

→ Wash your hands often.
   • Use soap and water for 20 seconds, especially after you have been in a public place or hand sanitizer if soap and water aren’t available.

CDC
University of Iowa steps to reduce the risk of exposure to COVID-19

- Blended instruction, classes with over 50 students are online
- Reduced density on campus: smaller classes, many staff and faculty work remote
- Mask use required when in University buildings (unless alone in an office)
- Increased ventilation and filtration in campus buildings
- Enhanced cleaning
What to do if you're sick

1. If you have symptoms consistent with COVID-19 stay home and isolate yourself from family, friends, and roommates as much as possible. If you develop symptoms while in class or on campus, go home or return to your dorm room.

2. Call a healthcare professional who can assess your symptoms and risk factors and help you make a plan. **DO NOT** go to the emergency room unless you are having a medical emergency. You should not walk into any healthcare clinic if you suspect you have COVID-19, unless otherwise instructed to do so by a healthcare professional.

3. Consult a healthcare provider to see if you need COVID-19 testing.

   - **Students:** Visit the [Student Health website](https://studenthealth.uiowa.edu) for information about how to request a test. If you need to speak to a nurse, contact Student Health by calling the nursesline (319-335-9704), or sending an email (student-health@uiowa.edu).
   - **Faculty/Staff:** Call your health care provider or the UI Hospitals & Clinics (319-384-9010) and inform them of your symptoms or schedule a video visit through MyChart.

COVID-19 symptoms

- Fever (temperature >=37.8 C or 100.0 F) or Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
What to do if you test positive

Students

1. Self-report via the university's online system using this link [using this link](#) and monitor your email for additional instructions.

2. If you live on campus in a residence hall, [self-reporting your status](#) will initiate the process for arranging your isolation/quarantine space. Please self-isolate, wear a face mask, and order your meals online until a member of the Housing & Dining team contacts you to discuss your relocation needs and next steps.

3. Self-isolate until you meet [Centers for Disease Control (CDC) criteria to discontinue self-isolation](#):
   - 10 days since first symptoms
   - At least 24-hours with no fever (without fever reducing medication) and
   - Symptoms improved

4. Inform close contacts and assist the Johnson County Health Department with contact tracing.
What to do if you may have been exposed

What counts as a close contact?

The CDC defines close contact as:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with the person (hugged or kissed them).
- You shared eating or drinking utensils.
- They sneezed, coughed, or somehow got respiratory droplets on you.
What to do if you may have been exposed

Quarantine as advised by your local public health department, or until you meet CDC guidelines to end quarantine.

The gold standard continues to be that quarantine will last 14 full days from the last exposure to someone who has tested positive for COVID-19, and Johnson County Public Health (JCPH) continues to recommend that all people quarantine for 14 days whenever possible.

See next section for detailed instructions on shortening the quarantine period for asymptomatic close contacts when the full 14-day quarantine presents an undue burden.
What to do if you may have been exposed

Students

Students should quarantine as advised by their local public health department, or until they meet CDC guidelines to end quarantine.

- **Students living on campus in residence halls** will be required to complete the full 14-day quarantine.
- Asymptomatic students may release after 10 full days of quarantine if the following are met:
  - No symptoms
  - Negative diagnostic test (PCR) taken between days eight and 10.
  
  **Students who live on campus or live locally** will need to order the test through Student Health or University of Iowa Hospitals & Clinics to return to the classroom or on-campus employment.

- If social distancing is not possible, students **must** complete the full 14-day quarantine period.
Websites for information on COVID-19

https://coronavirus.uiowa.edu/

https://studenthealth.uiowa.edu/
Resources for Better Coping

Ian Evans, University Counseling Service
University Counseling Service:
College Student Mental Health

• By the Statistics:
  • College student mental health is real.
    • 94% of students feel overwhelmed by their responsibilities.
    • 43% report distress that interferes with daily functioning.
    • 24.5% of clients took psychotropic medications.
    • 21% presented with severe mental health concerns.
    • 9% experienced thoughts of suicide.

• Stress:
  • Stress and being a college student go hand-in-hand!
  • Multiple, intersecting stressors.
  • Maladaptive coping/management.
  • Social isolation/adjustment.

• COVID-19 & Mental Health.
University Counseling Service:

- Free & confidential counseling services available to all UI students.
  - All therapy and support services are presently offered virtually through Zoom.

- Services include:
  - Group & Individual Therapy, Relationship Counseling, Support Groups, Management Workshops, Case Management & Referrals, Same-Day Appointments.

- Web site: https://counseling.uiowa.edu/

- Call to schedule a consultation appointment:
  - 319-335-7294

- Follow us on Instagram & Facebook!
  - @UIowaUCS
Living and Dining on Campus

Virginia Ibrahim-Olin, University Housing and Dining
Campus Update
ISOLATION AND QUARANTINE
University Housing and Dining Steps to Prevent Spread of COVID-19

→ Students, faculty, and staff are required to wear a face mask
  • Face shields can be worn as long as you also wear a face mask

→ Guests are limited to 1 per student
  • No more than 4 people in a double room

→ Space has been designated for students that test positive for COVID-19 to relocate
  • Monitoring provided by the diagnosing health professional
  • Meal delivery available

→ Updated cleaning protocols throughout the halls in accordance with CDC guidelines
Roommate Relationships

→ Talk with your roommate now:
  • What to bring
  • When to move-in
  • Guests during move-in
  • How you are feeling

→ Roommate agreement will occur within the first few weeks of the semester
  • COVID-19 precautions
  • Conflict management
  • Creating a home
Dining and Market Places

- Implementing touchless payment
- Discontinuing all self-service food and refillable containers
- Adding and encouraging use of an online ordering system with pick-up locations
- Adding vertical physical barriers to minimize respiratory contact between staff and students, and
- Adopting employee self-screening to ensure public health safety
How you'll use your meal plan

→ Online Ordering
  • Grubhub app
  • Retail locations

→ Market Place - express dining
  • Make a reservation online

→ Flex meals
  • Weekends at Clinton Street Market
  • Weekends at Grand Ave Market
Flex Meal Locations

→ Union Station, IMU
→ River Room, IMU
→ Clinton Street Market, Burge Hall
→ Grand Ave Market, Hillcrest Hall
→ Mayflower Market, Mayflower Hall
→ Food for Thought Café, Main Library
→ Pat’s Diner, Pappajohn Business Building
Living on Campus and Not Feeling Well?

• Visit the Student Health website for information
  • Indented Bullet text

• Report your status: https://apps.its.uiowa.edu/forms/self-report

• Self-isolate, wear a mask, and order meals online.

• A University Housing and Dining staff member will contact you regarding relocation for quarantine or isolation.
  • Self-report forms submitted after 6pm weekdays or 4pm weekends will be followed up the next day

➔ Stay away from others while traveling throughout the building
Spring Semester Academics

Carrie Miller, Academic Advising Center
Instruction Mode

- Web
  - Asynchronous
  - Synchronous
- Hybrid
  - With student rotation
  - Without student rotation
- Face to Face (in person)
- [https://myui.uiowa.edu/my-ui/courses/dashboard.page](https://myui.uiowa.edu/my-ui/courses/dashboard.page)
- [Course Delivery Mode Information | Office of the Registrar (uiowa.edu)](https://myui.uiowa.edu/my-ui/courses/dashboard.page)
Spring Semester Academics

• Academic Advising Appointment via Zoom
  • Thursday, January 21

• How to Prepare before your appointment
  • Complete Placement Tests
  • Review Orientation Tile
  • https://international.uiowa.edu/new-students

• Communication is Key
  • Syllabus
  • Contacting Instructors
Up-to-date travel & immigration information

Michael Bortscheller, ISSS
Current Travel Restrictions

• No mandatory quarantine or self-isolation
  • Encourage students to monitor for symptoms after travel

• Entry restriction for those in or passing through some countries
  • Brazil, China, Iran, Ireland, the United Kingdom, and the Schengen Area (Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland).
  • National Interest Exception possible for Schengen area, Ireland & UK
Registration Requirements

- No new guidance for Spring 2021
  - Guidance from Spring and Fall 2020 still applies
- *New* students in the US must have at least 1 in-person s.h.
  - Full Time is 12 s.h. for UG or 9 s.h. for Grads
- *Continuing* students in US can register completely online
  - Continuing students includes transfer student who do not leave US
- Students studying from *outside* the US have no restrictions
Q&A
Webinar Survey Reminder

Please complete our BRIEF online survey – the link can be found in Chat. Also on the webinar web site:

We appreciate your comments and feedback on today’s webinar!

HOW TO JOIN A WEBINAR

1. Download the Zoom app here: https://zoom.us/download.
2. Register for the webinar in advance following the registration links below.
3. Mark your calendar for the webinar date and start time in YOUR TIME ZONE.
4. Wait to receive registration confirmation email from ISSS (24-36 hours before the webinar date). **They will contain webinar access information so please do not ignore it.
5. Connect to the webinar 5-10 minutes prior to the webinar start time. We will be testing audio 5 minutes accordingly.
6. Each webinar is 1 hour long including presentation and 10-15 minutes for live Questions and Answer (Q&A) accordingly.
7. Ask questions during the webinar using Zoom Q&A function.
8. We welcome your feedback about the webinar(s) you attended - thank you! The survey link will also be for each webinar.
9. Learn more about how to join a webinar.

We appreciate your comments and feedback on today’s webinar!
Contact Information

• If you have questions about pre-arrival checklist, or other issues before arrival, please contact issso-orientation@uiowa.edu.

• Visit ISSS web site for new international students for additional resources: https://international.uiowa.edu/new-students
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