Health and Wellness Resources for On-Campus Students

wellness.uchicago.edu
Dear Student,

We’d like to welcome you to the University of Chicago for Autumn Quarter. While these are extraordinary times and many things about daily life have been disrupted, we encourage you to attend to your physical and mental wellbeing during this time. Although we have shifted our model of care to incorporate telephonic or virtual methods of delivering care, we remain available to students.

UChicago Student Wellness Resources Available During Autumn Quarter

Medical

- For medical advice or appointments, call 773.834.WELL. When calling for an appointment or advice, a member of our medical team will discuss your questions or concerns with you. Whenever possible, we will seek to deliver care virtually. If it is necessary to be seen in person, we will do everything we can to arrange an appointment as soon as possible. Please call UChicago Student Wellness first; please do not walk into the clinic without an appointment.
- You can reach our Nurse Advice Line 24/7 by calling 773.834.WELL. Students on the University Student Health Insurance Plan (U-SHIP) may also reach a doctor 24/7 by visiting telehealth4students.com or calling 855-866-0895. Students not on U-SHIP may use this option; however, we encourage you to contact your insurance provider, as many insurance companies offer low- or no-cost telemedicine options.

Counseling and Mental Health Support

- Call 773.702.3625 to reach our Therapist-on-Call, who is available 24/7 to discuss your mental health concerns and provide support.
- For general inquiries or to make an appointment with a clinician, call 773.702.9800.
- Drop-in counseling sessions are available via Zoom Monday through Friday. We also offer virtual Let’s Talk drop-in sessions, which provides easy access to free, informal, and confidential consultations with therapists, in addition to virtual workshops and therapy groups. Further information on supportive mental health options is available in this packet and at wellness.uchicago.edu.

Wellness Programming

- UChicago Student Wellness is offering a number of programs online during Autumn Quarter, including mindfulness, wellness coaching, and others. Visit wellness.uchicago.edu for an updated list of programs.

We encourage you to reach out to our offices if you have any questions, concerns, or are in need of medical or mental health support.

With best wishes for a healthy Autumn Quarter,

Richard McDonough, MD Senior Medical Director
Meeta Kumar, PhD Director of Student Counseling
Supportive Mental Health Options During Autumn Quarter 2020

In addition to the full range of counseling and psychiatric services that can be found at wellness.uchicago.edu, these tailored options have been designed to help address the unique challenges students are currently facing.

**Daily Drop-in Sessions for On-Campus Students**

**When:** Drop-in sessions are available Monday through Friday, 1-2 p.m.

**What:** UChicago Student Wellness is offering daily drop-in Zoom sessions with a therapist. If you’re feeling anxious about the new school year, having trouble adapting to a new environment, feeling socially isolated, are concerned about COVID-19, or are facing other challenges, you can discuss your concerns informally and confidentially with a therapist.

**How:** For the Zoom link and password, or if you have any questions, contact Rick Shepherd, LCSW. No appointment is necessary, simply drop in to the Zoom meeting. You will be placed in the virtual waiting room until a therapist is available to speak with you.

**Evening Support Space for On-Campus Students**

**When:** Thursdays, 7-8 p.m.

**What:** A UChicago Student Wellness staff member will be available to meet for an hour with individuals or groups to discuss concerns, stressors, or feelings of isolation that on-campus students in quarantine or isolation may be experiencing.

**How:** For a Zoom link or password, or if you have any questions, contact Dr. Farah Giovannelli.
Supportive Mental Health Options
During Autumn Quarter 2020 (Continued)

Virtual Let’s Talk

When: September 28–December 11
- Mondays, 12–1
- Wednesdays, 1–2
- Fridays, 3–4

What: Let’s Talk provides easy access to free, informal, and confidential consultations with therapists from UChicago Student Wellness. No appointment is necessary. If you prefer, you do not have to give your name. Let’s Talk is open to all UChicago undergraduate and graduate students.

How: Email Khanh Nghiêm, PhD, to request the Zoom link and password for the day you’re interested in attending. During Virtual Let’s Talk, sign in using the Zoom link and password. You will be placed in the virtual waiting room until a therapist is available to speak with you.

For more information, visit wellness.uchicago.edu/letstalk

Virtual Weekly Workshops and Support Spaces

When: Dates throughout Autumn Quarter

What: The virtual workshops offered this quarter are Maintaining Resilience Through Effective Coping; Overcoming Procrastination; and Body Confidence. In addition, support spaces for International Students, LGBTQ+ Students, and Students of Color help students to stay connected and allow them to discuss challenges they’re facing.

How: Visit wellness.uchicago.edu/weeklyworkshops to learn more about our offerings and register.

Virtual Group Therapy

When: Wednesdays at 1 p.m.

What: Therapy groups at create a welcoming, nonjudgmental environment where students can feel comfortable being open and honest about their struggles or current life situations. UChicago Student Wellness is offering two therapy groups in Autumn Quarter 2020: Recognition, Insight, and Openness (RIO) and Feel Better Fast: Help for Depression, Anxiety, and Stress.

How: For more information on joining a group, visit wellness.uchicago.edu/therapygroups or contact Tab Shamsi, PsyD.
**BACK-TO-COLLEGE TIPS**

**Protect Yourself from COVID-19**

**Watch your distance**
Stay at least 6 feet apart from others, when possible

**Wash your hands**
or use hand sanitizer with at least 60% alcohol

**Wear a mask**
in public spaces and common areas

---

**DORM**
- Avoid sharing items with roommates or others.
- If you do, clean and disinfect before sharing or using.

**SHARED BATHROOM**
- Avoid placing toothbrushes directly on counter surfaces.
- Use totes for personal items to limit contact with other surfaces in the bathroom.

**CLASSROOM**
- Enroll in online classes if they fit your educational needs.
- Wipe down your desk with a disinfectant wipe if possible.
- Skip seats or rows to create physical distance between other students.
- Avoid placing your personal items (e.g., cell phone) on your desk.

**DINING HALL & MEALS**
- Avoid sharing food, drink, utensils or other items with people.
- Pick up grab-and-go options for meals if offered.
- Avoid buffets and self-serve stations.

**LAUNDRY ROOM**
- Clean and disinfect surfaces that others have touched (e.g., buttons on the washing machine).
- Wash masks in warmest appropriate water setting for the fabric.

---

The more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.

---

**BEFORE YOU GO OUT, TAKE THE FOLLOWING:**
- Mask
- Tissues
- Hand sanitizer
- Disinfection wipes (if possible)

[cdc.gov/coronavirus]
Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.

cdc.gov/coronavirus
Monitoring Your Temperature

We recommend taking your temperature orally twice a day, once in the morning and once at night. You have been given a digital thermometer; it is important to use it correctly in order to get an accurate temperature.

How to Use and Read an Oral Thermometer

- Refrain from eating or drinking 30 minutes prior to taking your temperature.
- If you prefer your reading in Celsius, set your thermometer to Celsius by holding down the multifunction button for 5 seconds while the thermometer is off. This will allow the thermometer to go from Fahrenheit to Celsius and back.
- Press the “on” button once.
- Place the thermometer under your tongue until you hear a beep.
- Remove the thermometer.
- Record the temperature displayed on the screen in a simple log that lists the date and your temperature at morning and at night.
- Turn off the thermometer and wipe the thermometer with an alcohol wipe. Allow it to air dry.

Why do I have to check my temperature?

A rise in body temperature can signal that your body is fighting an infection. Returning to a more normal temperature for two or more days is a sign that you are recovering.

What is a normal temperature?

The normal body temperature is 98.6°F or 37°C; however, for some people, this may fluctuate one to two degrees Fahrenheit (or half a degree to one degree Celsius).

What is a fever?

The CDC describes a fever as 100.4°F or 38°C or higher. When you have a fever, you may have chills and feel uncomfortable. You can take two tablets of extra-strength Tylenol for a fever every 6 hours. Do not exceed 6 tablets in 24 hours, unless directed by a doctor.

Please contact UChicago Student Wellness at 773-834-WELL if your temperature reaches 102°F or 38.8°C or higher and it does not go down with Tylenol after 1 hour.

Sources:

https://my.clevelandclinic.org/health/articles/9959-thermometers-how-to-take-your-temperature

WASH YOUR HANDS

IN ORDER TO KEEP YOURSELF AND THE UCHICAGO COMMUNITY HEALTHY, WASH YOUR HANDS THOROUGHLY AND REGULARLY.

FOLLOW THESE SIMPLE INSTRUCTIONS TO REMOVE GERMS AND AVOID THE SPREAD OF GERMS TO THOSE AROUND YOU.

1. Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.

2. Lather your hands by running them together with soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for at least 20 seconds.

4. Rinse hands well under clean, running water.

5. Dry hands using a clean towel or air dry them.

WASH YOUR HANDS IN ORDER TO KEEP YOURSELF AND THE UCHICAGO COMMUNITY HEALTHY, WASH YOUR HANDS THOROUGHLY AND REGULARLY.

1. Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.

2. Lather your hands by running them together with soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for at least 20 seconds.

4. Rinse hands well under clean, running water.

5. Dry hands using a clean towel or air dry them.

WASH YOUR HANDS IN ORDER TO KEEP YOURSELF AND THE UCHICAGO COMMUNITY HEALTHY, WASH YOUR HANDS THOROUGHLY AND REGULARLY.

1. Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.

2. Lather your hands by running them together with soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for at least 20 seconds.

4. Rinse hands well under clean, running water.

5. Dry hands using a clean towel or air dry them.

WASH YOUR HANDS IN ORDER TO KEEP YOURSELF AND THE UCHICAGO COMMUNITY HEALTHY, WASH YOUR HANDS THOROUGHLY AND REGULARLY.

1. Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.

2. Lather your hands by running them together with soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for at least 20 seconds.

4. Rinse hands well under clean, running water.

5. Dry hands using a clean towel or air dry them.
How to Safely Wear and Take Off a Mask

WEAR YOUR MASK CORRECTLY
- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2

USE A MASK TO HELP PROTECT OTHERS
- Wear a mask to help protect others in case you’re infected but don’t have symptoms
- Keep the mask on your face the entire time you’re in public
- Don’t put the mask around your neck or up on your forehead
- Don’t touch the mask, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS
- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

TAKE OFF YOUR MASK CAREFULLY, WHEN YOU’RE HOME
- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place mask in the washing machine
- Wash your hands with soap and water

Personal masks are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a mask, see: cdc.gov/coronavirus

Learn more at help.uchicago.edu or use the UChicago Safe App
Resources available to support students navigating academic and personal difficulties:

- **University of Chicago Police Department (UCPD):** 773.702.8181 or 123 from a campus phone
- **Dean-on-Call:** Call UCPD or use the UChicago Safe App
- **Sexual Assault Dean-on-Call:** Call UCPD or use the UChicago Safe App
- **Bias Education & Support Team:** help.uchicago.edu/BEST
- **UChicago Student Wellness (medical, counseling, and health promotion):** 773.834.WELL
- **Therapist-on-Call (24/7):** 773.702.3625
- **University of Chicago Emergency Department:** 773.702.6250
- **Office for Sexual Misconduct Prevention & Support:** 773.834.OEOP (6367)