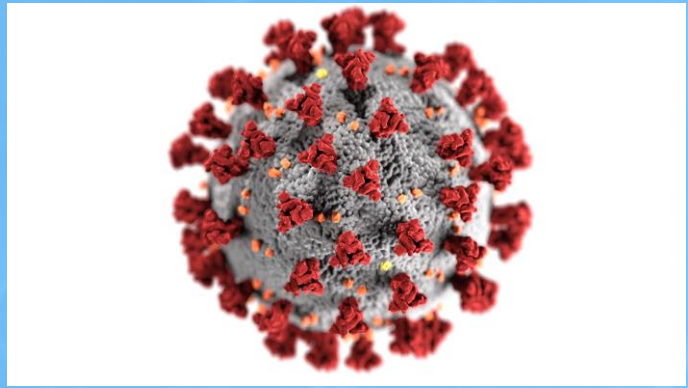
STOCKTON
UNIVERSITY

WELLNESS CENTER



Dealing with COVID-19

(novel coronavirus)

WHAT YOU MAY KNOW OR MAY NOT ALREADY KNOW

1/2021

AND BE PREPARED!

KNOW HOW TO ACCESS WELLNESS CENTER SERVICES

Important web links for the Spring 2021 term:

- Spring 2021 Campus Operations During COVID-19
  - This web page includes a pdf of Stockton's 70+ page Spring 2021 campus operations plan submitted earlier this month to the New Jersey Office of the Secretary of Higher Education, as well as PowerPoint slide deck which summarizes key points of the plan.
- Return to Campus FAQ
- Daily COVID-19 Updates
  - Latest information
  - Daily reported cases
  - Additional resources
- COVID-19 Testing Options for Employees
- CDC Guidelines for Individuals Exposed to a COVID-19 Positive Person
- Pre-register to receive the COVID-19 vaccine

Campus Public Safety

- **Reminder:** If you have been tested for COVID-19 in any jurisdiction, due to symptoms or a known direct exposure, please contact Stockton at publicsafety@stockton.edu as soon as possible. You do not need to wait for results. This will greatly assist our efforts in tracking the people in our community who have been impacted.

  https://stockton.edu/emergency-management/coronavirus.html

- **Pledge Reminder:** Faculty, staff and students should complete the Stockton Health Pledge daily, even if you are not coming to campus. The pledge is emailed daily to your Stockton email and assists us in monitoring the health of our community. *If you are feeling ill, do not come to campus, notify your manager and see your doctor if necessary.*

- For questions about Stockton's response measures, contact Campus Public Safety, at 609-652-4762 or publicsafety@stockton.edu.

Health Services at Galloway Campus

- **NOT FEELING WELL, NEED A COVID-19 TEST?**
  CALL HEALTH SERVICES AT 609-652-4701 TO SCHEDULE AN APPOINTMENT WITH A MEDICAL PROVIDER WHO WILL PROVIDE A REFERRAL FOR COVID-19 TEST
- Stockton students who receive a referral for a COVID-19 test can get tested for free, by appointment only, at AtlantiCare Urgent Care locations in Galloway (110 E. Jimmie Leeds Rd. Galloway, NJ 08205) & Atlantic City (3830 Atlantic Ave. Atlantic City, NJ 08401) with their Stockton ID.

- HEALTH SERVICES- WEST QUAD 108

  Office hours: Mon-Fri. 8:30am-5:00pm, Tues. 8:30am - 7:00pm

  Clinic hours: Mon.- Fri., 9:00am - 3:40pm, Tues., 9:00am - 5:40pm

  (609) 652-4701 | wellctr@stockton.edu

- **Students experiencing a medical emergency should call Campus Police @ (609) 652-4390, or dial 911**
- **Any care needed that is outside the scope of services will be referred to a specialist**

Atlantic City Campus

Stockton students who receive a referral for a COVID-19 test can get tested for free, by appointment only at Atlantic City (3830 Atlantic Ave. Atlantic City, NJ 08401) with their Stockton ID.

- 3830 Atlantic Avenue
  Atlantic City, New Jersey 08401
  (609) 345-6000
  Hours 8:30am-5:00pm Monday – Friday
- Students can also utilize their accepted insurance plans through Urgent Care after hours.

Urgent Care hours are as follows:

5:30PM-9:30PM Monday-Friday

8:30AM-8:30PM Saturdays and Sundays

Any care needed that is outside the scope of services will be referred to a specialist.

COUNSELING CENTER SERVICES

STOCKTON UNIVERSITY
WELLNESS CENTER

Located in J-204-
Monday - Friday | 9:00am-5:00pm
(609) 652-4722 | wellctr@stockton.edu

Counselors at the Wellness Center have returned to campus and are here to help you. Please keep in mind that due to the pandemic, our counselors will continue providing virtual counseling services (via zoom or phone). In case of a psychiatric emergency or crisis, other meeting spaces may be explored.

- Walk-in/Crisis Services are still available Monday to Friday 9:00am-4:00pm via phone at 609.652.4722.
- Counseling groups and workshops will continue to run remotely via Zoom.
- If you have any questions, please call our office at 609-652-4722.

Disability Services- Learning Access Program

STOCKTON UNIVERSITY
WELLNESS CENTER

Located in J-204-
Monday - Friday 9:00am-5:00pm
(609) 652-4988 | lap@stockton.edu

The Learning Access Program staff have returned to campus and are here to help you. Please keep in mind that due to the pandemic, appointments will continue to be done virtually. For students that would like to schedule an appointment for new services, questions regarding current services, or additional concerns, LAP staff will be available Monday-Friday from 9:00am-5:00pm.

If you have questions or concerns, email your Coordinator below, the main office at lap@stockton.edu or you can call the office at 609.652.4988 or 609.441.2483.

Patricia McConville patricia.mcconville@stockton.edu

Maria Spade maria.spade@stockton.edu

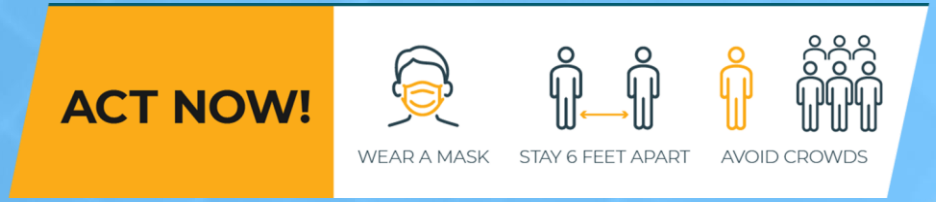
Reliable Sources of Information

- **Centers for Disease Control (CDC):** https://www.cdc.gov/coronavirus/2019-ncov/index.html
- **New Jersey COVID-19 Information Hub:** https://covid19.nj.gov/
- **New Jersey Department of Health (NJDOH):** https://www.nj.gov/health/cd/topics/covid2019_dashboard.shtml
- **Atlantic County Division of Public Health:** https://www.atlantic-county.org/public-health/

Continue to Practice Healthy Habits!

How can we prevent the spread?

- Wear your mask and stay 6 feet apart when in public spaces
- Avoid touching your eyes, nose and face with unwashed hands
- Cover coughs and sneezes with tissue or sleeve, not hands
- Wash hands often or use hand sanitizer when soap and water not available
- Stay home when sick
- Avoiding crowds and those who are sick



Incubation period

- The time from when a person is exposed to when they develop symptoms
- For COVID-19 the incubation period is about 2 – 14 days
- Research suggests that a person with COVID-19 may be more likely to spread the virus 48 hours before symptom onset
- If someone is asymptomatic or if they are symptomatic and the their symptoms go away, it's possible to remain contagious for at least 10 days after testing positive for COVID-19

What if I get sick?

- Seek medical care right away. Do not come to campus if you are ill
- Answer “No” to Stockton’s Health Pledge. Someone will call you and tell you the next steps to take.
- **CALL BEFORE** going to Health Services, a doctor’s office, an urgent care, or a hospital
- Avoid contact with others. Stay at least 6 ft apart
- Continue to wear you mask
- Stay home
- Cover coughs and sneezes
- Wash hands often or use hand sanitizer
- Disinfect frequently touched surfaces

Isolation vs. Quarantine

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

- **Isolation** separates sick people with a contagious disease from people who are not sick.

- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

https://youtu.be/l3s75_X8Xjs

Given the high rate of community spread of COVID-19 throughout New Jersey, NJDOH continues to recommend quarantine for 14 days to reduce the risk of spread of COVID-19.

If staying home for 14 days would pose a significant economic hardship or burden, there are two acceptable options to shorten quarantine:

o **No test option:** Quarantine can end after Day 10 without testing and no symptoms.

o **Test option:** Get tested between day 5-7 (not earlier than day 5). Must quarantine at home until results are received and are negative. Quarantine cannot end earlier than Day 7. If the test result is delayed, quarantine should be continued until after Day 10.

o Persons in quarantine should wear masks, social distance from others, and wash hands often.

CDC Guidelines:

- **Exposure/close contact:** being within 6 feet for at least 15 minutes (continuous or intermittent) over a 24-hour period (regardless of PPE) of a person who tests positive for COVID-19 while they were infectious (2 days before onset of symptoms to 10 days after).
- **Isolation:** when someone who is *infected* with COVID-19 is separated from non-sick people.
- **Isolation period:** usually defined as 10 days from the time symptoms began, or, if asymptomatic,10 days from the date of the positive test, **and** Fever-free for at least 24 hours without fever-reducing medication, **and i**mprovement of any other symptoms
- **Quarantine:** when someone who has been *exposed* or *possibly* exposed to COVID-19 is separated from non-sick people. Quarantine is recommended for anyone who has been exposed to or had close contact with COVID-19, regardless of whether they are experiencing symptoms

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

Source: CDC

When to seek emergency medical attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

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

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

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

So how can I be prepared in case if I am exposed to someone with COVID-19 or become ill?

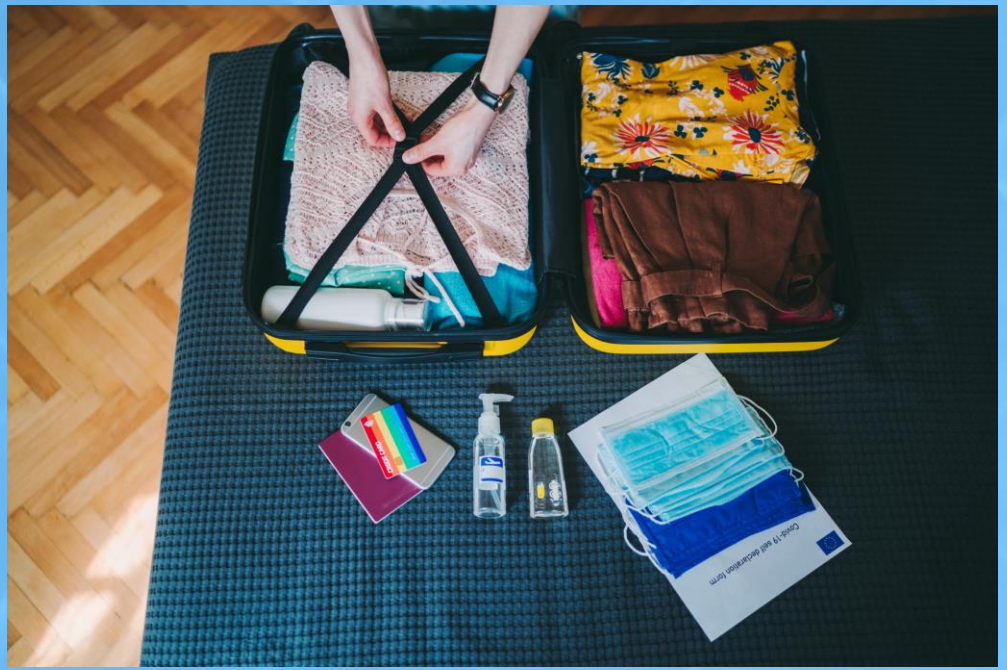


Photo by martin-dm/iStock

Build a Quarantine Bag

In addition to your clothes, books and electronics…

- Extra cell phone charger
- List of important people and their phone numbers written out
- List of any allergies (foods and meds)
- Two or more extra changes of comfy clothes: sweats, PJs, tees, fuzzy socks
- Fleece throw
- Personal hygiene items (soap, lotion, toothbrush, etc.)
- Hair supplies (comb, brush, shampoo, etc.)
- Thermometer
- Cough Drops
- Vitamins C, D-3, Zinc, B-12
- Ibuprofen and/or acetaminophen (for fever and body aches) – some have found alternating the two to be effective, but discuss with your provider
- Vapor Rubs
- Prescription medications (optional over the counter cough & chest congestion)
- Tissues
- Snacks
- Tea bags & honey (warmth helps to open airways)
- Electrolyte balancing powdered drink to mix in water
- Masks
- Entertainment: playing cards, books, puzzles, adult coloring book, etc.

https://www.brgeneral.org/news-blog/2020/august/sending-kids-to-college-pack-a-covid-19-quaranti/

How to clean your home/room if someone has COVID-19

https://www.youtube.com/watch?v=KHCrYOGkLMM

Continue to wear your mask

Source: CDC

The do's and don'ts of wearing a mask

Coronavirus Disease 2019

COVID-19

What you need to know to keep your family safe and healthy.

WEAR THIS

CLOTH FACE COVERING

NOT THAT

FACE COVERING WITH VALVE

Some face coverings have a plastic valve embedded in the fabric. This is a one-way valve which prevents some pathogens from entering but does not prevent them from leaving when you exhale. When you wear a face covering with a valve, most of what you're exhaling is unfiltered, and you're potentially putting others at risk for the spread of COVID-19.

www.tricare.mil/coronavirus

TRICARE

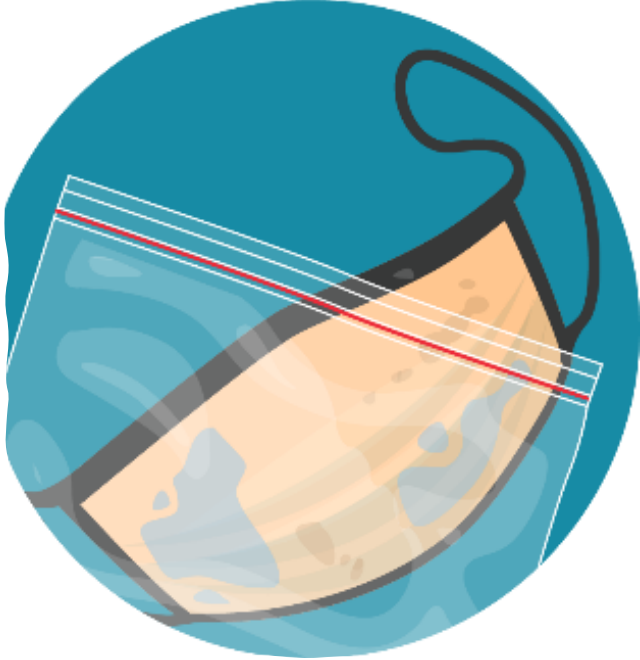
How to take off a mask

Source: CDC

How to store your mask

- Store wet or dirty masks in a plastic bag

- Store masks that are not wet or dirty in a paper bag



Source: CDC

Launder or wash by hand

- Wash your mask with tap water and laundry detergent or soap.
- Rinse thoroughly with clean water to remove detergent or soap.

Source: CDC

How to dry

Dryer

- Use the highest heat setting and leave in the dryer until completely dry

Air dry

- Lay flat and allow to completely dry. If possible, place the mask in direct sunlight

Source: CDC

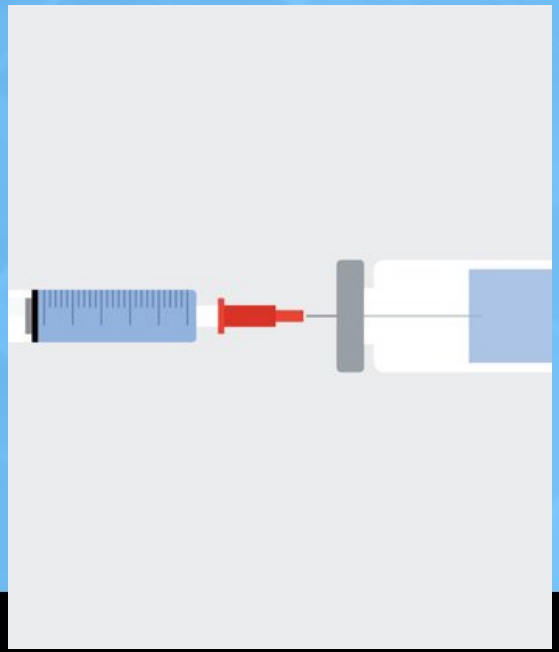
Travel

NOTICE TO TRAVELERS: New Jersey strongly discourages all non-essential interstate travel at this time. Travelers and residents returning from any U.S. state or territory beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should self-quarantine at their home, hotel, or other temporary lodging for 10 days if they are not able to get tested or 7 days if they test negative. For more information, visit covid19.nj.gov/travel.

Effective January 26, 2021, the CDC is requiring all air passengers entering the United States from a foreign country to test negative for COVID-19. Travelers are required to get tested within the 3 days before their flight to the U.S. departs, and provide written documentation of their test results to the airline or provide documentation of having recovered from COVID-19. For more information, visit the CDC website.

COVID VACCINES-

FDA has authorized the emergency use for two vaccines:



- **The Pfizer-BioNTech COVID-19 vaccine is recommended for persons 16 years of age and older**
- **The Moderna vaccine is recommended for individuals 18 years and older.**
- **Not all sites administer both vaccines, so it is important to check with your vaccination site before scheduling a visit to ensure you are eligible.**

NJ Health
Improving Health Through Leadership and Innovation

NJ Vaccine Scheduling System

HOTLINE:

855-568-0545

8:00 a.m. to 8:00 p.m.

Online:

Covid19.nj.gov/vaccine

Low Supply- High Demand

As of January 14, 2021, the following groups are eligible for the COVID-19 vaccine:

- Paid or unpaid persons working or volunteering in a healthcare setting
- Residents of long-term care facilities and other congregate settings
- Frontline first responders
- Persons aged 65 and older
- Persons aged 16 to 64 years old who have at least one chronic medical condition that poses high-risk for severe COVID-19

These groups can start making vaccination appointments. More groups will become eligible in the coming weeks.

For a list of open vaccination sites nearest to you and register for a COVID-19 vaccine visit **covid19.nj.gov/vaccine**

Coping with Stress During COVID

Find your happy place.

TIPS TO REDUCE COVID-19 STRESS

1. **Focus on what you can control** – including your thoughts, behaviors.
2. **Remember that you are resilient**, and so is humankind. We will get through this.
3. Do what you can to **reduce your risk**; take comfort that you are caring for yourself and others.
4. Use technology to **connect with others** frequently.
5. **Look for the good stuff;** the helpers, time with family, and opportunities to pull together. Write down three things you are grateful for each day.
6. **Limit exposure to news** or social media updates.
7. **Use reputable sources** of news, avoid speculation and rumors.
8. **Model peaceful behavior** for those around you. Remember everyone experiences stress in different ways.
9. **Don't let fear influence** your decisions, such as hoarding supplies.
10. **Be gentle** with yourself and others.
11. **Create a regular routine,** especially for children and work from home.
12. **Maintaining a healthy diet** and **exercise** routines to help your immune system and mental health.
13. **Spend time in nature** while adhering to social distancing guidelines.
14. **Reflect on your reactions.** Many who have experienced trauma may be triggered by feelings of powerlessness. Understanding what you are feeling can help you consider how you want to respond to the triggers.
15. **Practice meditation,** yoga, or other mind-body techniques. Find apps or online videos to help.
16. **Reach out if you need to talk.** There are local and national hotlines and warmlines that can help!

DISASTER DISTRESS HELPLINE
1-800-985-5990
'TalkWithUs' TEXT **66746**

DEPARTMENT OF HEALTH

health.mn.gov

SPONSORED BY: ACTIVE MINDS, STOCKTON SUICIDE PREVENTION TEAM AND THE WELLNESS CENTER

HEARTFULNESS MEDITATION

TUESDAYS, SEPTEMBER 8 - MAY 4 | 5:30-6:30PM
FRIDAYS, SEPTEMBER 11 - MAY 7 | 7:30-8:30PM

STOCKTON.ZOOM.US/J/9290453079 [MEETING ID# 929-045-3079]
(NO PASSWORD NEEDED TO EXPERIENCE THE HEART OF THE SELF)

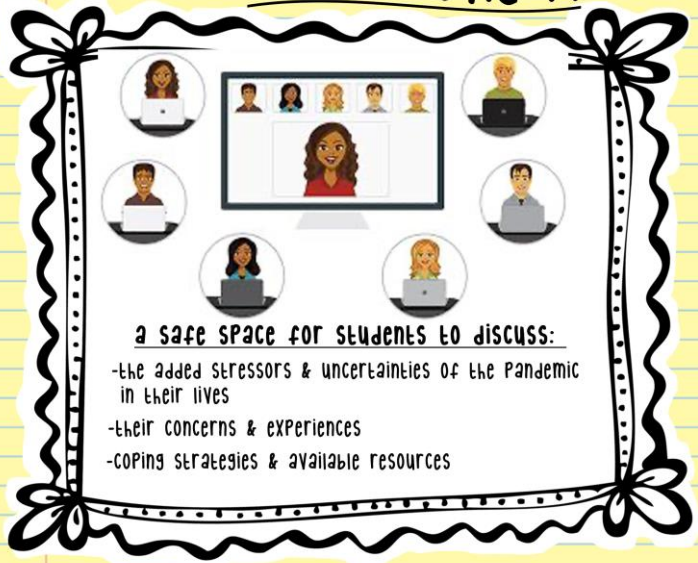
NOTE: BACK-UP ZOOM → STOCKTON.ZOOM.US/J/2219690745 [MEETING ID# 221-969-0745]

HEARTFULNESS IS A SIMPLE AND SUBTLE PRACTICE OF MEDITATION THAT CONNECTS EACH OF US WITH THE LIGHT AND LOVE IN OUR HEARTS. MOVE FROM STRESS-MANAGEMENT TO SELF REALIZATION. FREE AND NO EXPERIENCE NECESSARY!

FOR MORE INFORMATION:
NATHAN MORELL - 609.652.4286
NATHAN.MORELL@STOCKTON.EDU

STOCKTON UNIVERSITY
stockton.edu/wellness | Stockton is an Equal Opportunity Institution

navigating life as a COLLEGE STUDENT during COVID-19



a safe space for students to discuss:

- the added stressors & uncertainties of the pandemic in their lives
- their concerns & experiences
- coping strategies & available resources

join our workshop!!

~tuesdays @ 4:30pm

january - april 2021

zoom

meeting id: 544 945 104

password: 888006

click link to join:
https://zoom.us/j/544945104?pwd=UExiVjQva0FXMFJESGcvVmN1eWNMQT09

This is a program of the Mental Health Association in Atlantic County.
For more information, call 609.652.3800

Virtual Calendar of Free & Public Support Groups, in response to COVID-19, by MHANJ New Jersey Hope and Healing

January 2021 via zoom

Sundays

School Nurses Support & Discussion Group - 7:00pm.
Meeting ID: 965 2476 8033 Passcode: 860075
https://zoom.us/j/96524768033?pwd=UUR0RlZNRGdwbzY2QktlZmRWWnU5dz09

Mondays

School Nurses Support & Discussion Group - 3:30pm.
Meeting ID: 965 2476 8033 Passcode: 860075
https://zoom.us/j/96524768033?pwd=UUR0RlZNRGdwbzY2QktlZmRWWnU5dz09

Stress Reduction and Coping Strategies - 7:00pm.
Meeting ID: 869 9749 6142 Passcode: 981708
https://us02web.zoom.us/j/86997496142?pwd=ZGFnSnJQNTBoZE1qMTFMWVoyaklyZz09

Tuesdays

LGBTQ+ Community Drop-In Group - 12:00pm.
Meeting ID: 852 1709 6289 Passcode: 618295
https://us02web.zoom.us/j/85217096289?pwd=ZVlQYXkvU0w2WXhnMU16Uk5sV0pOUT09

Spanish-Speaking Support Group - 7:00pm.
Meeting ID: 985 2934 2867 Passcode: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFlIUT09

Pregnancy during the Pandemic Group - 7:00pm.
Meeting ID: 976 8774 4339 Passcode: 200411
https://zoom.us/j/97687744339?pwd=aVYwU0FPOGRlZ1NsYTM3bWY4dDhCUT09

"Parenting Through the Pandemic" Support and Networking Group - 8:00pm.
Meeting ID: 978 6606 7646 Passcode: 143566
https://zoom.us/j/97866067646?pwd=L284NysvMS9pOHYwQTNhUkcwVmpadz09

Wednesdays

Haitian Community Support & Discussion Group - 11:00am.
Meeting ID: 963 0863 9366 Passcode: 110349
https://zoom.us/j/96308639366?pwd=V2tjV3kzK1podWIwUXc2VXNjOXhzQT09

Spanish-Speaking Support Group - 7:00pm.
Meeting ID: 985 2934 2867 Passcode: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFlIUT09

Single Parents Support Group - 7:00pm.
Meeting ID: 852 3222 2414 Passcode: Parents
https://us02web.zoom.us/j/85232222414?pwd=NUVxUHlkUkFmOHNmRFZwcjBWU1ZTZz09

Thursdays

"Teacher Talk" - 3:30pm.
Meeting ID: 965 9268 3401 Passcode: 538620
https://zoom.us/j/96592683401?pwd=OG9SMnBtNnRpb1pDZVZQUzdrdG5XZz09

Public Health Employees "*Resiliency & Coping*" Support and Discussion Group - 4:00pm.
Meeting ID: 911 7223 6441 Passcode: 934178
https://zoom.us/j/91172236441?pwd=NzhRMG5iUC9uMnJQaEhtVHZuQTlnZz09

"Decompress and Disconnect": a drop-in group for those who work from home - 4:30pm.
Meeting ID: 963 5326 4239 Passcode: 806180
https://zoom.us/j/96353264239?pwd=M05jcnduS3NVZHdjZjk0TUJFWnNwZz09

Support Group for COVID-positive individuals & their loved ones - 6:00pm.
Meeting ID: 865 0178 8077 Passcode: 315414
https://us02web.zoom.us/j/86501788077?pwd=cTJYemtVcEJGbkdKOFk5TzVvMGNkQT09

Fridays

Spanish-Speaking Support Group - 11:00am.
Meeting ID: 985 2934 2867 Passcode: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFlIUT09

College Students Support Group - 5:00pm.
Meeting ID: 983 4490 8458 Passcode: 209772
https://zoom.us/j/98344908458?pwd=U3FHUFYxSlpnb0g5UVJWNUFaa3NhQT09

Stay Safe & Stay Connected - 7:30pm. January 8, 15, 22, 29
Meeting ID: 967 1924 7642 Passcode: 750363
https://zoom.us/j/96719247642?pwd=MFB4YzRpTG8wVDNNTUdNNytqc0pEQT09

NEW JERSEY hope and healing

This program is brought to you by NJ Hope and Healing- CCP program The Mental Health Association in New Jersey in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, is offering a Crisis Counseling Program (CCP) through a (FEMA/SAMHSA) grant. For more information visit www.mhanj.org

Donate Blood Plasma and Help Save Lives!

To donate plasma go to

https://www.coronavirus.gov/

https://www.redcrossblood.org/donate-blood/dlp/plasma-donations-from-recovered-covid-19-patients.html

If you are in crisis, get immediate help:

- **Call 911**
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- Veteran's Crisis Line 1-800-273-TALK (8255) or text: 8388255
- Disaster Distress Helpline: CALL or TEXT 1-800-985-5990 (press 2 for Spanish)

2·1·1

New Jersey

COVID-19 Call Center
Call 2-1-1

- Public callers only for information on how to stay safe, financial assistance, unemployment, donations, food, and other non-medical needs
- Hours: 24/7
- Multiple languages

NJ Mental Health Helpline

1-866-202-HELP (4357)

8 AM – 8 PM daily)

- **Call (General COVID-19 Questions)**: 2-1-1 (24/7)
- **Call (Medical COVID-19 Questions)**: 1-800-962-1253 (24/7)
- **Call (Vaccine Appointment Support)**: 1-855-568-0545 (8a-8p)
- **Text NJCOVID to 898-211** to receive alerts
- **Download COVID Alert NJ app**

For more information

- COVID19.NJ.gov website: Testing sites, case counts by county and other resources
- Atlantic County Division of Public Health
  https://www.atlantic-county.org/public-health/
- NJDOH website at
  www.nj.gov/health/cd/topics/ncov.shtml
- NJDOH social media
  - Twitter @njdeptofhealth
  - Instagram@njdeptofhealth
  - Facebook/njdeptofhealth
- CDC website at
  www.cdc.gov/coronavirus/2019-ncov/summary.html

Sources

NJ Health
New Jersey Department of Health
PHAB

CDS

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

Need More Information?

The Wellness Center
in the West Quad Building

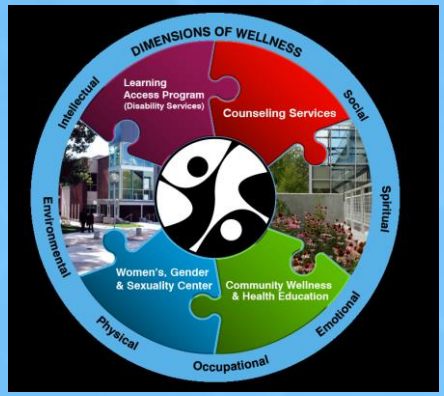
Contact Health Educator:

Kristen Mittleman, MS, CHES

Kristen.Mittleman@stockton.edu

609-(609) 652-4701

Direct- (609) 652-4869



REMEMBER…WE ARE ALL IN THIS TOGETHER!