



*Make a Plan. Keep Informed.*

# COVID-19 GUIDE

for Students  
Returning to Campus



The COVID-19 pandemic may last for an extended period of time in our community. Depending on the severity, public health officials may recommend actions designed to help keep our community healthy, reduce exposures to COVID-19, and slow the spread of the virus.

Creating a plan before you return to campus can help protect your health and the health of other Aggies. You should base the details of your plan on your needs, daily routine, and personal circumstances.

## DEFINITIONS

**CDC** - Centers for Disease Control and Prevention

**Face covering** - cloth face covering, surgical mask, etc. which helps slow the spread of COVID-19.

**Physical distancing** - keeping at least 6 feet of space between yourself and other people outside of your home.

**Quarantine** - separation and restricting movement of individuals who might have been exposed to a COVID-19 positive individual.

**Self-isolation** - separation and restricting movement of COVID-19 positive individuals.

## STAY INFORMED AND IN TOUCH

The university will officially communicate with students through their Texas A&M email account. It is your responsibility to check your official Texas A&M e-mail account for university-related communications on a frequent and consistent basis. The University recommends checking email at least once per day. In addition to your Texas A&M email account, you can find information on:

### COVID-19 Websites



[Texas A&M](#)

[Texas A&M Galveston](#)

[Texas A&M Qatar](#)

### Texas A&M Social Media



# CREATE A PLAN OF ACTION



You should begin making a plan now prior to coming to campus. Waiting until you (or your roommates) have been exposed to or contracted COVID-19 can add to uneasiness and stress. Discuss your plan with family, roommates, and friends. If you change your plan, make sure to communicate the change.

## Emergency Contact List

Create an emergency contact list of family, friends, health care providers, faculty, employers, and other community resources.

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## Preferred Health Care Provider

Know how to contact your preferred health care provider. [Student Health Services \(SHS\)](#) is available for testing and treatment. If a private health care provider is preferred, have health insurance information readily available.

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## Place to Quarantine

Determine where you will quarantine to separate yourself from others should you or your roommate be exposed to someone who has COVID-19.

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## Place to Self-Isolate

Determine where you will self-isolate to separate yourself from others should you test positive for COVID-19. It is recommended that you should stay in a specific room or area and use a separate bathroom (if available).

### Students living on campus

- Those testing positive for COVID-19 may complete their self-isolation at an off-campus location or at permanent residence.
- If self-isolation off-campus or at permanent residence is not feasible (or poses a higher risk), please coordinate with Residence Life staff about isolation options.

### Students living off campus

- Determine where you will self isolate
- If you stay in your residence, read [CDC guidelines](#) on living with someone who is sick.

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## Name(s) of those who can help.

Determine how you will get food and other supplies.

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## Prepare a COVID-19 Kit

(see page 3)



## COVID-19 KIT:

Things to pack and do prior to arriving on campus

### 3-7 reusable/washable face coverings

A Texas A&M policy is in effect requiring face coverings be worn by all individuals (faculty, staff, students, and visitors) on campus in certain areas. Please visit the [policy](#) and [FAQs](#) for more information.

**Hand sanitizer that contains at least 60% alcohol**  
([CDC Guidance](#))

**Thermometer**

**Cleaning products** ([CDC Guidance](#))

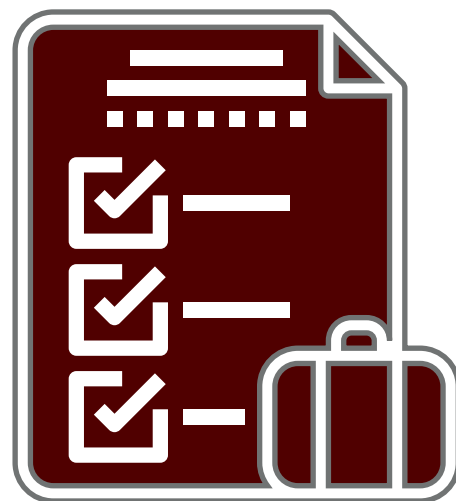
**Copies of health insurance cards** (if applicable)

**Prescription medications and over the counter medication**

**Mobile device or laptop** (including headphones with a microphone) to continue your classes should you have to quarantine or self-isolate. Students needing financial assistance should apply for technology funding through the emergency aid application in the [Financial Aid Portal](#).

**Complete the required COVID-19 Training and Certification through [Howdy.tamu.edu](https://howdy.tamu.edu).**

**Update your emergency contact in [Howdy.tamu.edu](https://howdy.tamu.edu).**  
(Login and click on the My Information icon)



## MENTAL HEALTH & COPING

### During COVID-19

The outbreak of coronavirus disease 2019 (COVID-19), has been stressful for many people and communities. Fear and anxiety about a disease can be overwhelming and cause a host of emotional responses including feelings and thoughts you may have during and after social distancing and/or self-isolation. [Counseling and Psychological Services](#) suggests ways to care for your mental health during these experiences and provides resources for more help.

## FIGHTING XENOPHOBIA

### & Anti-Asian Racism

COVID-19 has brought a great deal of uncertainty to our lives, along with potential for misinformation that can be harmful or destructive to our campus and communities. [This resource](#) provides proactive strategies that reinforce that "Hate is not an Aggie value." We hope that you will work to intervene on discriminatory behaviors, online comments, and acts on social media.

# PRACTICE PREVENTIVE ACTIONS

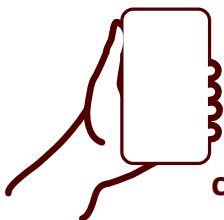


- Stay home when you are sick, regardless of symptoms, except to get medical care.
- Continue to practice everyday preventive actions (handwashing, physical distancing, wear face cover, etc.)
- Respect physical distancing on campus and off. Continue to keep at least 6 feet between yourself and others. Wearing a face covering is not a substitute for physical distancing.
- Understand the risk of attending large gatherings. The more people an individual interacts with at a gathering and the longer that interaction lasts, the higher the potential risk of becoming infected with and spreading COVID-19.
- Limit unnecessary travel.
- Maintain cleanliness of shared spaces and common surfaces at home, work, and on campus. Tips for living in shared spaces.
- Avoid sharing personal items (food, vape pens, water bottles, etc.)
- Review Brazos County numbers to stay informed on the local outbreak situation.
- Take care of your emotional health. Physical distancing doesn't mean social isolation.
- Connect with university services, friends, and family remotely when possible. Utilize TAMU tools like Zoom and Google Hangouts for meeting with your faculty, advisors, student organizations, or talking to friends and family.
- Get your flu shot. Be on the lookout for the SHS Flu Shot Campaign.

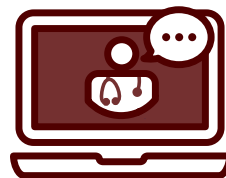
## WHAT TO DO IF YOU ARE FEELING ILL



1. If you have symptoms such as, **COUGH, FEVER**, or other respiratory problems, contact your primary doctor before going to the emergency room. They need to be able to serve those with the most critical needs first.



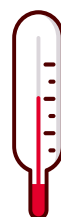
2. **CALL** your healthcare provider. **DO NOT** show up at a clinic without calling first.



3. **TELEMEDICINE** may be an option depending on your primary complaint. Check with your insurance provider, or schedule an appointment online with Student Health Services.



4. Stay in contact with others by **PHONE** and **EMAIL**.



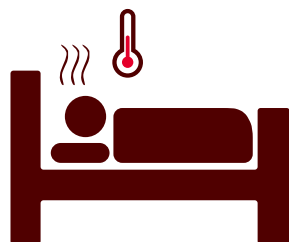
5. **MONITOR** your symptoms and follow care instructions from your healthcare provider.



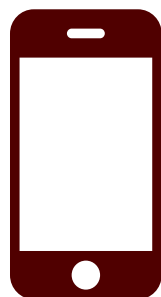


## REMINDERS SHOULD YOU NEED TO SELF-ISOLATE OR QUARANTINE

**STAY HOME** until it's safe to be around others or if medical care is needed.



**CALL** the individual(s) who can help with getting you food and other supplies.



**COMPLETE** and submit the COVID-19 Report Form.

Be prepared to speak with public health officials who may be assisting with contact tracing.

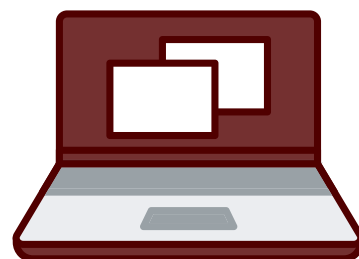
**CONTACT YOUR FACULTY.** Let them know you are going to miss class or the illness is impacting your ability to get your assignment completed.

Know how to engage with university services **REMOTELY**.

**CONTACT YOUR EMPLOYER** (if applicable).

**PHYSICAL DISTANCING DOESN'T MEAN SOCIAL ISOLATION.** Stay connected with family and friends remotely.

Utilize personal or Texas A&M resources like Zoom and Google Hangouts for meeting with your faculty, advisors, university programming, student organizations, or talking to friends and family.



**HAVE YOUR COVID-19 KIT HANDY!**

### ADDITIONAL RESOURCES

[Academic Advisors](#)

[Counseling & Psychological Services](#)

[Student Assistance Services](#)

[Student Health Services](#)

[Residence Life \(College Station\)](#)

Find more information and updates from Texas A&M University at

**[www.tamu.edu/coronavirus](http://www.tamu.edu/coronavirus)**