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Coronavirus Update 1-22-21

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Coronavirus Update 1-22-21

Coronavirus Planning Contact Us <coronavirusplanningcontactus@sacredheart.edu>

Fri 1/22/2021 4:28 PM

Dear members of the Sacred Heart University community,

We want to remind you of a couple things you can easily do to protect others in the community from COVID-19. Plain and simply, stay home if you have any possible symptoms of the virus. We all should be using the [Campus Clear app](#) daily to assess our wellness. Anyone who says yes to any of the questions about symptoms should stay home—even if you are convinced you don't have the virus. There have been instances where folks have had a headache or a runny nose and did not believe it was COVID only to find that it was. In a similar vein, if you see someone with symptoms such as a cough or runny nose or if someone tells you they have a sudden headache or sore throat, please ask them to go home. Again, we are known as a caring community. We can care for one another by staying home with any COVID symptoms. It is much better to err on the side of caution. Work from home or attend class from your dorm room. Better safe than sorry!

We also want to remind employees and students not to drop into the offices of faculty and staff unannounced. Please try to communicate via phone, Zoom, Teams, etc. If a face-to-face meeting is absolutely necessary, you need to make an appointment and plan to socially distance while wearing masks.

Campus Clear

Getting back to the Campus Clear app: We will be monitoring the number of people checking in to ensure it aligns with the population on campus. We will also make random checks to make sure folks who report symptoms are staying away from the general population on campus. We want to remind you that Campus Clear is primarily a self-monitoring app. If you accidentally check off that you have a symptom, you can still come to campus, and you do not need to notify us that you made a mistake.

COVID Alert CT App

The state's COVID Alert CT app is another program that we are recommending to the SHU community. This is the confidential notification system developed by Apple and Google and branded and deployed for Connecticut to alert individuals who have had close contact with COVID-positive individuals. This application has the potential to inform people of a close contact prior to experiencing symptoms, and thereby reduces the probability of inadvertent spread. The more people statewide—and on campus—who sign up for the app, the more successful it will be. The University is joining with the state in encouraging the use of this app, which is built to ensure the privacy of its users. It is very easy to set up on your phone. More information about the app and signing on can be found on the [state portal](#).

Emotional Wellness

Emotional health is just as important as physical health, and we want to make sure you are all taking care of yourselves. We have been dealing with COVID and its ramifications for almost a year now, and it would be unusual if our mental health has not been impacted in some way.

Recently emails have been sent to both students and staff reminding us of the services that are available, and we want to take this opportunity to provide an additional reminder and encourage

you to take advantage of them if you are consistently feeling stressed, blue, frightened or angry, etc.

Students: Mary Jo Mason has retired from her role as director of wellness and head of the counseling center and has been replaced by James Geisler, who had been serving as an assistant director of counseling and has now taken on the role of acting director of counseling. We have also added Kara Pacewicz as a University counselor. James and his team are ready to help students with any issues—COVID-related or otherwise. He says their goal is to ensure that everyone receives the emotional support they need. He recommends that you contact the counseling center as soon as you begin to struggle, so they can help you nip it in the bud. To make a telehealth appointment with the counseling center, call 203-371-7955.

Employees: The University has switched EAP providers to Mutual of Omaha. Their staff is available to provide a variety of support and services for such issues as mental, physical, financial and social well-being. All interactions with the program will be strictly confidential. This support, assistance, valuable tools and resources are also available to your immediate family members. Stay tuned for information about additional resources.

Our EAP at Mutual of Omaha can be accessed by calling 800-316-2796. For more information, check out their website at www.mutualofomaha.com/eap.

Happiness

SHU is offering a 10-week series of talks on happiness. Each Monday, we will send out a link to that week's offering. The series features a variety of people giving their perspective on happiness in a 10- to 15-minute mini-course. Last week was the first week, and the premier featured [Father Tony Ciorra talking about happiness and pandemics](#). Watch for a new talk and a new link from SHU Info each of the next nine Mondays.

Testing

Testing will be available for faculty and staff on Wednesday, January 27, and Thursday, January 28. Please [register](#) if you would like to be tested. After next week, we will revert to random testing for employees. You must have a negative PCR test before coming back to campus.

There has been some confusion about the testing protocol for **fulltime undergraduate students who live off campus**. You should get a PCR test sometime between Jan 25-31. You will then be tested again on campus February 3-4 to receive the wristband that indicates you have been cleared to be on campus. You will need to bring proof of your previous negative PCR test results to receive the wristband.

Positive Cases

As of today, our [dashboard](#) shows 11 active cases with five students isolating on campus. As a reminder, if you were previously in our system as active, and you have not already done so, you must contact health services at 203-371-7838 (students) or provide human resources with documentation of your recovery (faculty and staff) so that you can be cleared to return to campus. If we cannot clear you, we will not be able to allow you on campus.

Have a great weekend!
The Coronavirus Planning Team

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[SHU Coronavirus Website](#) | [SHU Covid-19 Dashboard](#) | [If You Become Ill](#) | [Testing, Tracking, Treating & Tracing](#)

This message was sent to the following groups: !Campuswide-Students,!Campuswide-Employees