The COVID-19 pandemic may last for an extended period of time in our community. Public health officials at all levels have recommended actions designed to help keep our community healthy, reduce exposures to COVID-19, and slow the virus spread. Among these is training for students. **All TAMIU students are required to complete COVID-19 Training prior to returning to campus.** It can be found at [https://elearning.tamiu.edu](https://elearning.tamiu.edu). This training provides steps to help prevent COVID, what to do if you have or suspect COVID-19, and helps you create a return to campus plan to help protect your health and that of all Dustdevils. 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 and must cover nose and mouth.

**Physical** - (Social) 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.

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**STAY INFORMED AND IN TOUCH**

TAMIU will officially communicate with students through their TAMIU Dusty email account. It is your responsibility to check your official TAMIU email account for University-related communications on a frequent and consistent basis.

Sign up for DustyALRT at [https://dustyalrt.tamiu.edu/welcome.aspx](https://dustyalrt.tamiu.edu/welcome.aspx). DustyALRT is universal notification system that allows students, faculty and staff to be notified via text message, email or pager in the event of a campus emergency or closure.

The University recommends:
- Check your Dusty email at least once per day.
- Visit the resources available for you at: [www.TAMIU.edu](http://www.TAMIU.edu)

**TAMIU Back Together**

**Online COVID-19 Response Center**

**TAMIU Social Media**
CREATE A PLAN OF ACTION

You should begin making a plan now prior to coming to campus. Waiting until you (or your classmates/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 with everyone. **Print this page and fill in the blanks.**

□ **Emergency Contact List**
Create an emergency contact list of family, friends, health care providers, faculty, advisors, employers, and other community resources. Update your emergency contact on the Student Portal through **UCONNECT** if changes are necessary.

□ **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. Those living on campus, see the information for students living on campus.

□ **Place to Quarantine**
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).

□ **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 a 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.
- Residents must have updated emergency contact information with the Housing Office.
- Update your emergency contact on the Student Portal through **UCONNECT**.

□ Students living off campus
- Determine where you will self-isolate.

□ **Name(s) of those who can help.**
Determine how you will get food and other supplies.

□ **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 TAMIU policy is in effect requiring face-coverings be worn by all individuals (faculty, staff, students, and visitors) on campus in all areas. Please visit the policy and FAQs for more information.

- Hand sanitizer that contains at least 60% alcohol (CDC Guidance)

- Thermometer (do not share your thermometer with anyone).

- 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 financial aid by completing and submitting the Free Application for Federal Student Aid at www.fafsa.gov and contact Financialaid@tamiu.edu.

- Complete the required COVID-19 Training and Certification through https://elearning.tamiu.edu

- Update your emergency contact through UCONNECT. (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 Disability Services www.tamiu.edu/counseling suggests ways to care for your mental health during these experiences and provides resources for more help. To make an appointment call 956.326.2230 or email counseling@tamiu.edu For resources go to: https://www.tamiu.edu/counseling/resources.shtml

TAO https://www.tamiu.edu/counseling/therapyassistance-online.shtml

FIGHTING XENOPHOBIA /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 a Dustdevil value.”

We hope that you will work to intervene on discriminatory behaviors, online comments, and acts on social media. Keep in mind the Dustdevil values of Respect, Integrity, Service and Excellence (RISE).
• Stay home when you are sick, regardless of symptoms, except to get medical care.
• Continue to practice everyday preventive actions (hand-washing, physical distancing, wear reusable/washable or disposable face-coverings, 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](#).
• Do not share personal items (food, vape pens, water bottles, etc.)
• Review Webb County and City of Laredo numbers ([https://www.cityoflaredo.com/coronavirus/](https://www.cityoflaredo.com/coronavirus/)) to stay informed about 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 TAMIU tools [WebEx](https://webex.com/) and [Blackboard](https://blackboard.com) for meeting with your classes, faculty, advisors, student organizations, or talking to friends and family.
• Get your flu shot. Be on the lookout for the Student Health Services’ Flu Shot Campaign.

**WHAT TO DO IF YOU ARE FEELING ILL**

1. If you have symptoms such as COUGH, FEVER, LOSS OF TASTE OR SMELL 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 the clinic without an appointment.
3. GO TO the Student Health Services website at [www.tamiu.edu/health](http://www.tamiu.edu/health) for information and services available on campus.
4. All students are required to self report to the TAMU System portal at [go.tamiu.edu/covidcontacts](http://go.tamiu.edu/covidcontacts)
5. Stay in contact with others by PHONE and EMAIL.
6. MONITOR your symptoms, self-isolate and follow your healthcare provider instructions.
REMINDS SHOULD YOU NEED TO SELF-ISOLATE OR QUARANTINE

STAY HOME until it’s safe to be around others or if medical care is needed. Quarantine time is 14 days.

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 TAMIU emergency response team who will be assisting with contact tracing.

CONTACT YOUR EMPLOYER (if applicable).

PHYSICAL DISTANCING DOESN’T MEAN SOCIAL ISOLATION. Stay connected with family and friends remotely. Utilize personal or TAMIU resources like Webex and Google Hangouts for meeting with your faculty, advisors, University programming, student organizations, or talking to friends and family.

CONTACT YOUR FACULTY and the University. Let them know via email that you are going to miss class due to the impact the pandemic is having on your life and/or due to illness hindering your ability to get, your assignment(s) completed. Contact Student Health Services at www.tamiu.edu/health Know how to engage with the University.

HAVE YOUR COVID-19 KIT HANDY!

ACADIMEAL ADVISORS
Counseling & Disability Services
Student Health Services

TAMIU Housing and Residence Life
Student Success

FIND MORE INFORMATION AND UPDATES FROM TEXAS A&M INTERNATIONAL UNIVERSITY ONLINE AT COVID-19 RESPONSE CENTER.

GUIDELINES FOR STUDENTS REPORTING COVID-19

I AM A STUDENT AND...

I am a close* or household contact of someone who tested positive for COVID-19.

I have symptoms and may have COVID-19 but have not been tested.

I have tested positive for COVID-19 or my test results are pending.

Notify COVID-19 Response Team via online form: go.tamiu.edu/COVIDcontacts

COVID-19 Response Team will contact student to conduct contact tracing.

Off campus resident: Must complete 14 days quarantine period at home. If you have tested positive for COVID-19, no campus entry until a negative COVID-19 test is reported.

On campus resident: Coordinate 14 days quarantine needs with the Office of Housing & Residence Life and remain there. If you have tested positive for COVID-19, no campus entry until a negative COVID-19 test is reported.

Submit required documentation to studenthealth@tamiu.edu before returning to campus.

* CDC defines close contact as someone who has been in contact with a lab-confirmed positive person for 15 minutes or more of continuous exposure within 6 feet or less.