Virtual Coffee Chat
Hello!

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Global Engagement and Education Abroad Team
Hello!

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Senior Program Manager

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Program Advisor
Overview of Today’s Chat:

- COVID-19 Changes to Campus/International Center
- COVID-19 Resources for Treatment/Insurance
- How to stay social while social distancing
- Wellness (mind and body) Tips!
- Food and Grocery Shopping while you “Stay Home. Stay Safe.”
Questions?
Submit them in the chatbox at any time!
COVID-19 Terms To Remember

- **Social Distancing:** Maintaining a distance of 6 feet from others to help stop the spread of a virus.

- **Shelter-in-Place:** A “stay at home” order to enforce social distancing. Able to leave home for supplies/emergencies

- **Self-Quarantine:** Avoiding all contact with others and not leaving home for 14 days if exposed to COVID-19.

- **Flattening the Curve:** Slowing the spread of an illness over longer period of time to prevent overwhelming a healthcare system/resources.
U-M Changes
In response to COVID-19 guidance
State of Michigan COVID-19 Rulings

Shelter-in-Place rule for all residents from March 24 - April 13.

Reasons to leave your home:
- Get groceries/supplies
- Visit a doctor/hospital
- Outdoor Exercise (6ft/1.5m apart)

State resources available in multiple languages
WHAT YOU CAN DO:

- Go to the grocery store or pick up take-out food. **But don't overstock**
- Go to the pharmacy to pick up a needed prescription.
- Fill your car with gas.
- Engage in outdoor activities like walking, hiking, running, biking.
- Go to the hospital or health care provider. Be sure to call ahead.

www.washtenaw.org/COVID19  
facebook  
instagram  
@wcpublichealth
University of Michigan Updates

Because of yesterday’s “Shelter-in-Place” ruling:

- All spring and summer courses will be online
- Most offices are closed/staff working remotely.
- Departments/Operations still open:
  - DPSS
  - Michigan Medicine/UHS
  - Housing/Dining
  - CAPS
  - International Center
  - Dean of Students Office
  - Fraternity & Sorority Life
  - Maize & Blue Cupboard
- [https://coronavirus.umich.edu/](https://coronavirus.umich.edu/)
International Center Updates (3/24-3/27):

The Student Activities Building (SAB) is closed to the public until further notice, based on the governor’s "stay at home" order.

**DOCUMENT PICK-UP:** If you have documents waiting for you at the International Center, you can either:

- Pick them up at the Dean of Students Office in the Michigan Union on **Thursday, 3/26, between 1 and 3 p.m.** or on **Friday, 3/27 between 10 a.m. and noon**. If you are available during these times, in-person pick-up is recommended. In-person document pick-up will not be available at any other time.
- Arrange to have them mailed to you using eShip Global (available for mailings within and outside the US).

**DOCUMENT DROP-OFF:** If you need to drop documents off to us, you can do that at the Dean of Students Office during their business hours. Or you can mail them to the International Center. We recommend choosing a mailing method that allows you to track delivery.

**REQUESTS:** Most requests can be submitted through our website or via email. Email icenter@umich.edu with any questions.

**TRAVEL SIGNATURES:** If you need a travel signature, you can submit an I-20 replacement request using "travel" as the replacement reason. We will reprint your form, and you can arrange to have it mailed to you by using eShip Global. J-1 students and scholars can submit a DS-2019 replacement request.

**HEALTH INSURANCE:** Health insurance advising services will also continue via email and phone. U-M Health Insurance Office Hours has links to forms for some common health insurance requests, including summer waivers.

**APPOINTMENTS:** Email icenter@umich.edu. An advisor will respond and can arrange a phone appointment if necessary.
Insurance and Treatment Info

Who do you call? How much will it cost?
International Student Health Insurance

- **International Center Announcement** about COVID-19 coverage through Blue Cross.
  - The U-M health insurance plans, including the International Student/Scholar Health Insurance Plan, and the health insurance plans administered by U-M (GradCare, U-M Premier Care, etc.) all cover medically necessary health care costs related to testing and treatment for infectious diseases and medical conditions, including COVID-19.

- Blue Care Network said the International Student/Scholar Plan will cover all medically necessary testing with **no cost**.

- **International Student/Scholar Plan** coverage numbers to remember:
  - Co-Pay: $20 (Urgent Care/Primary Physician)
  - Co-Pay: $75 (ER)
  - Deductible: $100
  - Out-of-Pocket Maximum: $3,500
How Do You Get Tested?

- **CDC Guidance** on Testing: If you have mild symptoms, but believe you may have COVID-19, please call your medical center before showing up for testing.

- **Michigan Medicine COVID-19 Hotline**: 734-763-6336

- **Washtenaw County COVID-19 Hotline**: 734-544-6700

- If you have severe symptoms: Go to Emergency Room or call 911
  - Emergency symptoms include high fever and cough, in addition to difficulty breathing, confusion or chest pain. (Washtenaw County Health Department).

**Questions About COVID-19?**

- Call the COVID-19 Hotline at 888-535-6136, 7 days a week from 8 a.m. to 5 p.m.

- Email COVID19@michigan.gov 24/7. Emails will be answered 7 days a week, 8 a.m. to 5 p.m.
Social Distancing

Doesn’t mean you can’t be social!
You are not alone! Social distancing does not mean you need to socially isolate!

It’s OK if you are feeling sad, anxious, depressed or grief.

It’s great to set up virtual socialization and routines during this time to return to a sense of normalcy.
Social Distancing Activities

- Virtual Hangouts
- Virtual Dinner/Birthday Party
- Online games
- Watch movies/concerts online with friends
- Pick up a new hobby - Online classes/tutorials
- Call your friends/relatives
- CAPS Mental Health Care Package
- U-M Center for Positive Organizations
Health & Wellness
Tips for maintaining a healthy lifestyle
Ways to take care of yourself:

- Take breaks from watching, reading or listening to news stories about the pandemic.
- Take care of your body: stretch, meditate, try to eat healthy, exercise, get plenty of sleep, avoid drugs and alcohol.
- Make time to unwind. Do other activities/hobbies that you enjoy.
- Connect with others. Talk with those you trust about your concerns. CAPS is still available as a resource to students feeling anxious, stressed or depressed.

Exercise Apps and Wellness Options

- Go for walks/runs outside. Going outside is allowed as long as you stay 6ft away from anyone not from your home/apartment.
- Try yoga, meditation or body weight exercises in your apartment.
- Many free exercise apps/videos available online:
  - FitOn
  - Yoga by Adriene
  - Calm guided meditation
- Well-being for U-M Students (Canvas Page)
- Dance Fitness with Damilare (IC Advisor)
Grocery and Food Shopping During Shelter-in-Place

- Many stores have home delivery/curbside pick-up if you do not feel comfortable going into a store to shop:
  - Whole Foods (free for Amazon Prime Members), Kroger, Busch’s Fresh Market, Meijer
  - Argus Farm Stop (online ordering, pick-up/delivery)
- Stores have dedicated hours for those with underlying health conditions or those aged 60+:
  - Meijer – Tuesday/Thursday 7-8am
  - Whole Foods - one hour before store opens
- Restaurants with drive-throughs can remain open
  - Maize & Blue Cupboard will remain open:
    - Hours: Tuesday–Friday (3-7pm); Saturday (10am-2pm)
- How to Sanitize Your Groceries
Other Resources
- CDC Guidance on COVID-19 Testing
- U-M COVID-19 Updates
- IC COVID-19 Announcements:
- University Health Services
- How to Sanitize Your Groceries
- Free Xfinity Hotspots
- 20 Amazing Places You Can Visit Without Leaving Home
- Ann Arbor Library Free Virtual Craft and Storytelling Events
"We’re all in this together. It’s a weird time."
Questions?

Submit them in the chatbox!
Thanks!