

Monday, September 14, 2020

Dear Students—

Thank you for all you are doing to help keep each other safe.

Here are other ways you can help:

**If you have COVID-like symptoms or have been in close contact (less than 6' for more than ten minutes, with or without a face covering) with someone who is COVID positive, immediately contact Student Health Center (SHC).** You can reach them by email at [healthcenter@meredith.edu](mailto:healthcenter@meredith.edu) or by phone during business hours, M-F 8:30 a.m. - 4:30 p.m. at 919-760-8535. Please follow their instructions about what to do.

**If you get a COVID test somewhere other than the Student Health Center, whether you live on campus or off campus, please report that test immediately at [healthcenter@meredith.edu](mailto:healthcenter@meredith.edu). Do not wait until you receive the test results.** Why? Because your memory of where you have been and with whom you have been in close contact will be sharpest then. If your test is positive, contact tracing will begin without identifying you; please be an active participant in the contact tracing process---and encourage your friends to do the same. Please do not go to class--- let your professors know via email or text; the Dean of Students Office can help with those notifications. Let them know if you need help at [deanofstudents@meredith.edu](mailto:deanofstudents@meredith.edu)

**If you are living in residence halls or Oaks apartments, have symptoms and are awaiting test results, have exposure to a person who has tested positive, or test positive yourself** (regardless of where you got the test), be in touch immediately with a health center staff member, who will give you instructions about your options for quarantine/isolation. SHC, Residence Life, and Dining have partnered to provide and deliver meals to resident students who choose to quarantine or isolate in the designated on-campus space.

**If you are worried about all things COVID, please talk with people who can help:** RDs/Apartment Manager, if you live on campus; your faculty advisor; someone in the Counseling Center; someone in SHC; staff in the Dean of Students' Office; any faculty or staff member you trust and whose counsel you value.

**Meredith faculty and staff are here to help you in all sorts of ways---and we are wearing our masks, keeping our distance (when really, many of us wish we could give you a reassuring hug), and washing our hands to stay healthy and to help you stay healthy as well.**

**Remember---**there is a host of information on the Staying Strong part of Meredith's website---read all you can. Ask questions. Knowledge is power---the more you know, the more you can help yourself and others through this very strange time in our lives.

Check out the site often to find information that is added or updated: <https://www.meredith.edu/staying-strong>

Have a great week!

Jean Jackson, '75, Ph.D.

Vice President for College Programs

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