

# HEALTHY MAVERICK GUIDANCE FOR STAYING AT HOME

## STAY HOME AS MUCH AS POSSIBLE

- Only leave for essential work, shopping.
  - Try to get everything in one trip to avoid going out every few days.
- Stay 6 feet (2 m) from others when out.
- Explore online recipes for at-home meals.
- Search for online workouts you can do safely at home without equipment.
- Keep in touch with friends and/or family through video chats.

## INFECTION CONTROL & PREVENTION

- Stay home if you are sick and seek medical attention.
- Cover your mouth and nose when coughing or sneezing.
- Avoid touching eyes, nose and mouth.
- Wash your hands several times a day.
- Avoid contact with others who are sick.
- Clean and disinfect frequently touched surfaces daily.

## WHAT TO DO IF EXPERIENCING COVID-19 SYMPTOMS

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or shortness of breath, **call your healthcare provider before going to the clinic.**

UTA students may contact UTA Health Services with concerns during office hours at 817-272-2771. Outside of normal business hours, call the Tarrant County Public Health hotline at 817-321-5939. Call 911 if experiencing a medical emergency.

## OTHER MEDICAL AND MENTAL HEALTH NEEDS

UTA Health Services continues operating normal hours: Monday through Friday, 8 AM - 5 PM. Call 817-272-2771 before coming to the clinic if you need to be seen by a medical provider.

Counseling and Psychological Services may be performed remotely. Call 817-272-3671 to schedule a time to connect with a counselor regarding your concerns. For emergencies, please call 911 or the MavsTalk 24hr Crisis Line at 817-272-8255.

## STUDENTS WITH UT SYSTEM STUDENT HEALTH INSURANCE

UTA students insured by Academic Blue with Academic Health Plans are encouraged to utilize virtual visits through MDLive. Academic Health Plans has announced that co-pays for virtual visits will be waived (normally \$20) through April 30, 2020. Please visit <https://uta.myahpcare.com/coronavirusupdates> for more information.