

# SPECIAL EDITION: COVID-19 UPDATE



BSW Weekly Program Update  
March 16, 2020

## WHAT IS COVID-19?

### DEFINITION:

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus that had not been previously identified in humans.

The virus causes respiratory illness (like the flu) with symptoms such as a cough, fever and in more severe cases, pneumonia. You can protect yourself by washing your hands frequently and avoiding touching your face.

### HOW IT SPREADS

The new coronavirus spreads primarily through contact with an infected person when they cough or sneeze, or through droplets of saliva or discharge from the nose.



Sneezing into elbows

Touching elbows

### MYTHS AND FACTS

#### MYTH

Spraying alcohol, chlorine or bleach all over your body will protect you from the virus.

#### FACT

No, spraying alcohol, chlorine or bleach all over your body will not kill any viruses that have already entered your body or protect you from those who could have the virus. These substances can be used to disinfect surfaces but are harmful when directly in contact with your skin, eyes or mouth.

#### MYTH

COVID-19 only infects the old or the young.

#### FACT

People of all ages can be infected with COVID-19. It appears that children may be less susceptible to being infected with COVID-19. Older individuals and those with pre-existing medical conditions may be more vulnerable to this virus. To protect yourself and others against the virus, follow good hand and respiratory hygiene (view tips on the [CDC site](#)).

#### Reference:

"Know the Facts About COVID-19." Wake Forest Baptist Health, [www.wakehealth.edu/Stories/Coronavirus/Myths-and-Facts](http://www.wakehealth.edu/Stories/Coronavirus/Myths-and-Facts).

## PROTECT YOURSELVES AND OTHERS

### Prevention

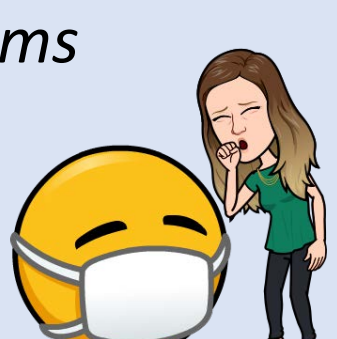
There is currently no vaccine to prevent coronavirus disease (COVID-19).

You can reduce your risk of infection if you:

- Clean hands frequently with alcohol-based hand rub or soap and water
- Cover nose and mouth when coughing and sneezing with tissue or flexed elbow
- Avoid close contact (3 feet) with anyone with cold or flu-like symptoms
- **Stay home** if you are sick, except to get medical care.
- You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office.
- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

### Symptoms

- Runny nose
- Sore throat
- Cough
- Fever
- Difficulty breathing (severe cases)



## IMPORTANT UPDATES

### Spring Break Extension & Online Instruction

- **All current online courses** will be conducted as scheduled during the week of March 15.
- Spring break is extended **for face-to-face students** until March 22.
- **Face-to-Face courses will transition into online classes** starting March 23. Students should receive instructions to access their classes on online platforms within the next week. Classes are to remain online until further notice.
- Instructors have received trainings on making the courses accessible to students. Students are advised to contact their course instructors first should they have trouble with online accessibility.
- **Students who need an accommodation letter** should reach out to the Office of Students with Disabilities.
- Normal campus operations for faculty and staff will resume on March 16.
- **Campus and student events will be cancelled until at least April 6.**
- Graduate Student Assistants are expected to continue working and may come to campus as needed for their work.
- Most SSW faculty and staff will be working remotely for now until further notice. They should still be accessible to students during normal office hours.



### SSW Advising

- **All academic advising appointments** will be done via phone or Microsoft Teams.
- Students who have scheduled on-campus advising appointments will receive a Teams invitation for their virtual meeting time.

**If Tiara Thomas was your advisor, she is no longer with the School of Social Work.** Your current advisor will be Ms. Patrice Green until a new advisor is appointed.

#### BSW Advisors

A-Ca: Valerie Adame – [adamev@uta.edu](mailto:adamev@uta.edu)

Ce-I: Maresia Davis – [Maresia.davis@uta.edu](mailto:Maresia.davis@uta.edu)

J-Phi: Valerie Adame – [adamev@uta.edu](mailto:adamev@uta.edu)  
**(Toy Howard is your main advisor but she's on maternity leave)**

Pi-Z: Patrice Green – [Patrice.green@uta.edu](mailto:Patrice.green@uta.edu)  
(temporary advisor. New advisor to start soon)

### BSW Field Placement:

- **Face-to-face field seminar sections** will convert to online platforms beginning March 23. Please look for access instructions from your field liaison.
- **Online seminar sections** continue as scheduled starting March 16.
- **If you are willing and able to go to your field placement site**, you may do so.
- **If you cannot**, please contact both your field liaisons and your field instructors to arrange alternative assignments **to complete your internship.** You must **get approval** from your field liaison **BEFORE getting credits** for the alternative assignments.
- **Contact the Field Office only** if you cannot make arrangements with your field liaisons and instructors.

## MENTAL HEALTH RESOURCES

### For All Students (Online and Face to face)

The Lifeline is **FREE**, confidential, and always available.

**HELP** a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.

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**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
[suicidprevention.org](http://suicidprevention.org)

Learn the Warning Signs.



### For Students in at least one Face to Face Course

THE UNIVERSITY OF TEXAS AT ARLINGTON  
COUNSELING & PSYCHOLOGICAL SERVICES

**MAVS talk**  
24 HOUR CRISIS LINE

817-272-TALK (8255)  
[WWW.UTA.EDU/CAPS](http://WWW.UTA.EDU/CAPS)  
303 RANSOM HALL