9-1-2021

Forward Together Update, September 1, 2021

University of Northern Iowa
Dear Panther Community,

We’re encouraged about the responses we’ve heard this week from students who’ve decided to get vaccinated against COVID-19. Since Monday, students have been lining up at Essentials in the Maucker Union to show their vaccination cards and UNI ID to receive a $25 UNI Bookstore gift card.

Students have decided to get vaccinated to protect a loved one with cancer, to keep children safe who are too young to get vaccinated that they taught at a local school or simply to protect themselves or their friends. There are so many reasons to get vaccinated, not only for yourself but for your entire community.

Remember, the Student Health Center (SHC) is offering vaccinations at no cost to you each Thursday and Friday. You can call to make an appointment or walk in. More information is available here. Vaccines are also readily available in the community and are your strongest line of defense against severe disease, hospitalization or death from COVID-19.

The CDC recommends you get vaccinated even if you had coronavirus last year.

Mask Up!

Don’t forget the CDC recommends everyone, vaccinated or not, wear masks while in indoor public spaces. We continue to encourage masks usage in classes and meetings.

Stay Home When Sick and Get Tested!

Stay home if you’re sick. Seriously, stay home, call to get tested at 319-273-2100 and complete the Panther Health Survey!

According to the CDC, people with COVID-19 have had a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

Whether you’re vaccinated or not, it’s important to get tested if you have any symptoms of COVID-19. Testing is readily available, including at the SHC.
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- **Test Iowa's** free at-home test kit is available for pick-up in the front of the SHC. This test is self-administered and includes step-by-step instructions including how to activate the test kit, collect the test sample, and return it. An appointment is not necessary when utilizing Test Iowa and you should receive your results by email within 2-4 days.

- Free testing through the SHC, in collaboration with the **State Hygienic Laboratory**, is available by appointment. Please call 319-273-2100 to schedule or stop by the SHC. Test results will be provided by the SHC along with resources and medical advice within 2-4 days.

- Rapid testing through the SHC is available by appointment. Please call 319-273-2100 to schedule or stop by the SHC. There may be a copay or other cost associated with this type of testing. Test results will be provided by the SHC along with resources and medical advice usually by the end of the day.

**Complete the Panther Health Survey!**

The university is continuing to use the **Panther Health Survey** to assist those who are:

- Experiencing symptoms of COVID-19 (regardless of vaccination status);
- Have been exposed to COVID-19 and are unvaccinated; or
- Need to access COVID-19 leave.

If you fall into any of these categories please complete the survey as it helps provide relevant campus support services to those impacted by COVID-19, supports our cleaning and disinfecting efforts, and allows students to receive alternative class assignments.

If you have a question, please visit [forwardtogether.uni.edu](http://forwardtogether.uni.edu) or email it to [forwardtogether@uni.edu](mailto:forwardtogether@uni.edu). Thanks for all that you do to keep yourself, your family and the Panther community safe.

Stay Well,

John Vallentine,
Associate Provost for Faculty

Joseph Rayzor,
Director of Risk Management, Environmental Health and Safety