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Forward Together Update

University of Northern Iowa

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University of Northern Iowa

Forward Together Update

Dear Panther Community,

Need a COVID test? Call first if you are experiencing symptoms.

For those on campus who have symptoms of COVID-19 or have been exposed to someone who tested positive, if you are looking to schedule an appointment for testing please call the Student Health Center at 319-273-2100 to schedule a test rather than walk-in. That will help protect others with appointments at the SHC.

As an option, self-test saliva kits are also available by the front entrance at the SHC. There is no need to call ahead if you are only looking to pick up a self-test kit. You may return the kit after collection to the same entrance and place it in the gray drop box for processing.

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, which are available for individual students who are unable to attend class due to COVID-related health issues. The Panther Health Survey must be completed to have faculty notified of students needing to be absent from classes. Students directed not to come to campus or who are unable to participate in class due to COVID-19 related illness, self-isolation, or quarantine should utilize the information provided in the survey.

Self-care is important!

As we move further along into the semester and schedules get busier, we want to encourage everyone to take some time for themselves. If you're feeling overwhelmed or

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distressed, take a break from the news or social media. When you can, unwind, get some extra rest or exercise. And, we all need to remember to eat healthily.

Vaccines are available, plus a \$25 incentive for students.

The **vaccines** are readily available, including at the Student Health Clinic every Thursday from 1:00-3:00pm and Friday from 9:00-11:00am. Students who are fully vaccinated can receive a \$25 UNI Bookstore giftcard. **Gift cards** are available at Essentials: Monday - Thursday: 8:30am - 6:00pm and Friday: 8:30am - 2:30pm. If you are looking for a vaccine off-campus, search vaccines.gov, text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.

If you have a question, please visit forwardtogether.uni.edu or email it to 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