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Forward Together Update, October 12, 2021

University of Northern Iowa

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Forward Together Update

There is still time to ensure you will be fully vaccinated before celebrating Thanksgiving with your friends and family. Individuals who receive their first shot of the Pfizer-BioNTech vaccine by next Wednesday, October 20, will be fully vaccinated by the Wednesday before Thanksgiving.

The Student Health Clinic continues to offer the Pfizer-BioNTech vaccine on Thursday afternoons from 1:00 – 3:00 p.m. and Friday mornings from 9:00 – 11:00 a.m. Please call the COVID-19 phone line at 319-273-2100 to set up an appointment.

If you are looking for a vaccine off-campus, search [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.

Annual Flu Vaccine Clinics

According to the [National Foundation for Infectious Diseases](https://www.cdc.gov/nfid/), “influenza (flu) is a contagious viral infection that can cause mild to severe symptoms and life-threatening complications, including death, even in healthy children and adults.” Health officials are stressing the need to receive the flu shot this year, especially due to last year’s shutdown during the pandemic, which may cause influenza to be even more prevalent.

Flu vaccine clinics at UNI will continue this week taking place tomorrow, October 13, at the Student Health Clinic (SHC) from 7:30-9:00 a.m and then Thursday, October 14, in the Gallagher Bluedorn Performing Arts Center from 9:00-11:30 a.m. The full schedule of flu shot clinics available throughout October, which will be held in various locations across campus, is [available online](#).

Faculty and staff are eligible for one free flu vaccine on-campus each year. For students, the SHC will file a claim with your health insurance or charge \$30 to those students without health insurance.

Masks will be required at the on-campus vaccination clinics. Masks will be available for those that forget to bring one. UNI provides the [quadrivalent flu shot](#).

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!](#)

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Students who complete the Panther Health Survey due to COVID-19 symptoms will be offered alternative learning assignments while employees have access to applicable sick, vacation and/or comp time accruals.

According to the CDC, people with COVID-19 have 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.

- [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 only. Please call 319-273-2100 to schedule. 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 only. Please call 319-273-2100 to schedule. 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.

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

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.

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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