

1-19-2022

## Forward Together Update, January 19, 2022

University of Northern Iowa

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# University of Northern Iowa

## Forward Together Update

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Dear Students,

Welcome to the start of a new semester! Before classes begin on Thursday, we wanted to share important information with you regarding how we can all help slow the spread of COVID-19 and the Omicron Variant in 2022, as well as communicate important resources to support you including:

- Importance of Masks in UNI Indoor spaces, including classrooms
- Vaccinations/Boosters
- Testing Options
- Information on Coming to Campus

**When on campus, masks are strongly encouraged in all UNI indoor spaces, including classrooms.** With the current spreading of Omicron in Black Hawk County, it is especially important to utilize the many resources available to you to protect yourself and the UNI community.

The [CDC](#) recommends that everyone wear a mask in public indoor settings in areas of high community transmission regardless of your vaccination status. Well-fitting, multilayered masks are key to reducing the spread of COVID-19. Reputable medical-grade face masks are also readily available now, such as N95 and KN95, which are more effective at protecting yourself and others from the spread of the more transmissible Omicron variant.

**If you are vaccinated, stay up to date with your vaccines.** For information regarding when you should get your booster shot visit the [CDC's vaccine page](#), speak with your healthcare provider or call the Student Health Center's COVID-19 line at 319-273-2100.

**If you are unvaccinated, you are more at risk for severe illness, hospitalization and death.** Those not fully vaccinated in Iowa currently account for [77.1% of COVID-19 patients in the ICU](#). UNI will continue to encourage vaccines and host vaccine clinics at the Student Health Center each week.

**If you are seeking testing, it is available on campus.** Call the SHC at 319-273-2100 for an appointment. Free [Test Iowa](#) (saliva) kits are also available in the lobby of the SHC. If you have any questions please feel free to contact the SHC's COVID-19 phone line, access IDPH resources by dialing 211 or speak with your healthcare provider. Four free tests per household from the U.S. government are now available and will be mailed directly to you by ordering at [COVDtests.gov](#).

# University of Northern Iowa

**If you are exposed to COVID-19 and are unable to attend class, complete the [Panther Health Survey](#).** Completing the Panther Health Survey allows you to be excused from class and receive alternative instruction/assignments. Make sure to check that you wish to have your instructors informed if you are seeking an alternative learning assignment.

**If you are sick, stay home and complete the [Panther Health Survey](#).** Isolating yourself when you have COVID-19, cold or flu symptoms is an important part of protecting our campus. Completing the Panther Health Survey is important and allows you to be excused from class and receive alternative instruction/assignments. Make sure to check that you wish to have your instructors informed if you are seeking an alternative learning assignment.

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. Your proactive efforts make a difference, which helps immensely in ensuring a successful spring semester.

Stay Well,

John Vallentine,  
Associate Provost for Faculty

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