



## UMB RECOVERY TASK FORCE

**Oct. 16, 2020**

As the cooler weather of fall approaches, we want to emphasize the importance of protective measures such as wearing a face covering, keeping 6 feet of physical distance, hand washing, and staying home when you are sick.

These measures are not just to protect you but also your family, friends, classmates, co-workers, and the community. Part of committing to the [Protect UMB Pledge](#) is to do your part to stop the spread of COVID-19 and set an example for the University community.

Learn more about [how to report an individual](#) who is not following these safety measures on campus.

**This week's highlights detailed below:**

- URecFit FAQs
- UMB Guidance Resources
- Feel Sick? Make the Call
- October Flu Shot Clinic Sessions



**URecFit Closure FAQs**



**UMB Guidance Resources**

Frequently asked questions about URecFit and Wellness are available to read after the Oct. 9 announcement that the facility would be closed for the semester.

Topics addressed include membership billing, training refunds, locker access, and safety precautions that are in the works for when the time is right to reopen.

While we cannot exercise together in person, [Virtual URecFit and Wellness](#) offers a variety of free fitness programs.

The questions are available for viewing under the Health and Wellness topic when viewing the Faculty, Staff, or Students & Postdocs audience areas or the Researchers & Research Administrators area on the [UMB Recovery website](#).

A feed of the questions also appears at the bottom of the [URecFit webpage](#).

A free benefit for UMB faculty, staff, and students is coming soon to help with challenges at home and in the office.

UMB Guidance Resources through ComPsych offers wide-ranging concierge services to provide information and resources on emotional, financial, legal, family, and work-life issues.

A consultant can provide information and resources identifying care for your dependents and elders, obtaining financial and legal advice, and finding ways to bring about positive change at work and at home.

UMB Guidance Resources is being offered as a wraparound service in addition to the existing [Employee Assistance Program](#) and [Student Counseling Center](#).

Look for more information coming soon in *The Elm*.

## Feel Sick? Make the Call

If you feel ill, have flu symptoms, have been exposed to COVID-19, or have had a positive COVID-19 test, please call 800-701-9863 immediately.

Calling the [UMB COVID-19 Hotline](#) will kick off an official process to help advise you of what to do and assist the University with contact tracing when indicated. The UMB COVID-19 hotline is a safety net available to UMB faculty, staff, and students whether you are completing your SAFE on Campus form or you are on a pause. The UMB COVID-19 Hotline team communicates with UMB Occupational and Student Health clinicians, centralizing the information needed for campus infection prevention efforts to protect us all.

A nurse from the COVID-19 Hotline will advise you on the steps to take to keep yourself and the UMB community safe. If you are ever in doubt about your symptoms or not sure if the COVID-19 Hotline is for you, err on the side of caution and make the call.

And remember: If you feel ill, stay home and isolate from others to the extent possible.

For more information, visit the [UMB COVID-19 Hotline](#) page.

## October Flu Shot Clinic Sessions

Don't play trick or treat with the flu: There's still time to get your shot before Halloween. Two October dates remain for the UMB flu clinic located at 635 W. Lexington St. This year's clinic also offers asymptomatic COVID-19 diagnostic tests.

Remaining sessions that are available:

- Oct. 21, 1 p.m. to 5 p.m.
- Oct. 28, 9 a.m. to 1 p.m.

Registration is required and will close when full or at 5 p.m. the day before the start of the session. For more information and to register, visit [umaryland.edu/flu](http://umaryland.edu/flu).

---

Please visit [www.umaryland.edu/coronavirus](http://www.umaryland.edu/coronavirus) for more information about UMB's COVID-19 policies and recovery.

---

Follow UMB:

