



UMB RECOVERY TASK FORCE

Feb. 26, 2021

Coping with stress, anxiety, grief, and loss continues to be a challenge during the COVID-19 pandemic.

You are not alone. The University of Maryland, Baltimore (UMB) continues to offer faculty, staff, and students a variety of resources to improve their mental health.

The [Employee Assistance Program \(EAP\)](#) provides free counseling to faculty and staff by calling 667-214-1555.

The [Student Counseling Center](#) offers therapy, crisis care, and self-help resources.

[UMB Guidance Resources](#) is a free service to help point faculty, staff, and students to services and information for a variety of work- and home-life challenges.

The [UMB COVID-19 Coping Kit](#) compiles links to a variety of agencies, resources, tips, and tools for stress, anxiety, and grief.

Parents and caregivers also have a special [UMB COVID-19 guide](#) provided by Launch Your Life.

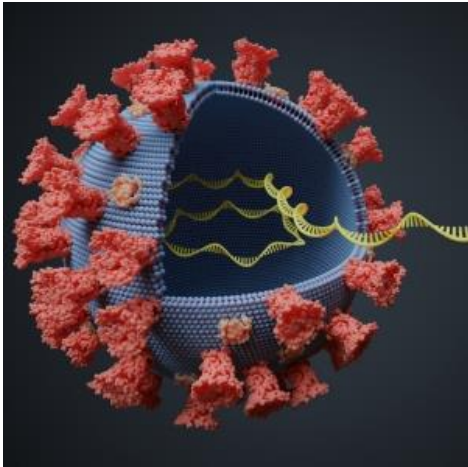
Launch Your Life also offers [virtual events](#) including a four-week Reawakening Resiliency program that starts Monday, March 1.

You can find these links and more on the Recovery website's [Policies, Guidance, and Resources page](#) or look under Resources on the Health and Wellness topic page found in your audience portal.

This week's highlights detailed below:

- UMB Partners to Detect COVID-19 Variants Through Sequencing
- UMB Spring Break COVID-19 Testing Requirements
- UMB Phase 1A Students, Employees to Be Randomly Selected for Vaccine
- Changes to On-Campus COVID Testing Operations
- UMB Safe Ride Resumes March 1

- Should I Get the Shot? A Community Conversation
- Telework Glued You to the Computer? Try a 'Fake Commute'
- Why a 'Kidney Disease Warrior' Got the Vaccine
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- Sign Up to Volunteer for Mass Vaccination Sites
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- Side Effects, Symptoms, and the UMB COVID-19 Hotline



UMB Partners to Detect COVID-19 Variants Through Sequencing

This week, [Gov. Larry Hogan announced](#) that UMB and Johns Hopkins University will team up to bolster the state's COVID-19 surveillance programs to detect variants through genomic sequencing.

The initiative will provide researchers with information on how the novel coronavirus genome, or instructions, might change over time and identify variants of concern. Maryland has confirmed cases of the Brazilian, United Kingdom, and South African variants.

The partnership will expand capacity from performing 300 sequences a week to more than 700.

State health officials are asking clinicians to contact local health departments to see if sequencing is appropriate for a COVID-positive patient, especially if there is a re-infection or they have been vaccinated.



UMB Spring Break COVID-19 Testing Requirements

Keep these dates in mind: Between March 22 and April 3.

If faculty, students, or staff will be on the UMB campus, a UMB-owned or -operated facility in Baltimore or the Donaldson Brown Riverfront Event Center between those dates, you must submit a negative COVID-19 test by April 8.

If you already were on campus at some point in 2021 but won't be on campus between March 22 and April 3, you do not need another test.

If you have not been on campus in 2021 and won't be until after April 3, you will remain subject to the earlier COVID-19 testing requirement.

Being vaccinated against COVID-19 will not exempt you from testing as well, because

How does sequencing work? **Matthew B. Laurens, MD, MPH**, associate professor at the University of Maryland School of Medicine, [explains to WBAL-TV](#).

variants are now circulating around the country.

[Read the letter](#) sent to campus for complete details and exclusions.



UMB Phase 1A Students, Employees to Be Randomly Selected for Vaccine

UMB has received a one-time allotment of additional COVID-19 vaccine from the University of Maryland Medical System to vaccinate employees and students who are eligible under [Phase 1A](#).

Individuals who have completed the UMB Vaccine Interest Form will be randomly selected and receive an email on how to schedule a vaccination at the SMC Campus Center. UMB is sharing this information so anyone who has not received a vaccination in Phase 1A isn't surprised if they receive an email soon to schedule a vaccine after appointments have been canceled.

If you have been vaccinated, please let UMB know by sharing your dose information via the SAFE on Campus daily survey or the [UMB Vaccine Tracking Form](#).



Changes to On-Campus COVID Testing Operations

Faculty, staff, and students wanting to schedule an appointment for an on-campus COVID-19 diagnostic test or flu shots should call [UMaryland Immediate Care](#) directly at 667-214-1899. The [scheduling application](#) is down for maintenance at this time but will return soon with March appointment slots.

408 W. Lombard St.

The location of the test will depend on UMaryland Immediate Care's scheduling — either at the SMC Campus Center or the urgent care clinic at

Additionally, the Baltimore Convention Center has a wider availability of appointments for testing and is steps away from campus. Convention Center appointments can be made online using [this link](#).



UMB Safe Ride Resumes March 1

UMB Safe Ride will resume services Monday, March 1, with extensive safety measures put in place inside the vans and for the drivers and passengers, as [announced](#) by **UMB Interim Chief of Police Thomas Leone**.

Safe Rides are available every day from 7 a.m. to 1 a.m. and can be requested through the Mobile UMB App ([learn how to request a Safe Ride](#)) or by calling 410-706-6882. Please be patient — reduced ridership and increased cleaning protocols mean wait times may vary.



Should I Get the Shot? A Community Conversation

A virtual event for the UMB community March 10 will offer a safe space for your questions and concerns about COVID-19 vaccines. The discussion, hosted by the UMB Intercultural Center, will feature two experts from the University of Maryland School of Medicine (UMSOM).

Mario Majette, MD, MPH, clinical instructor in the Department of Family and Community Medicine and director of student and employee health, and **Milagritos Tapia, MD**, professor in the Department of Pediatrics and an

infectious disease specialist at UMSOM's Center for Vaccine Development and Global Health (CVD), will answer your questions and discuss the many concerns about COVID-19 vaccines.

[Register here](#) for **Should I Get the Shot? A Community Conversation**, streaming March 10 at 11 a.m. You also can submit [questions, concerns, or comments here](#). Those interested also can dial in to this event at 1-202-860-2110. (Access code: 182 790 0714; attendee ID: #).

[Read the letter](#) to the UMB community for more information.



Telework Glued You to the Computer? Try A 'Fake Commute'

Spending all that time in a car, train, or bus on the way to work before the pandemic actually had advantages: creating boundaries at work and a buffer to decompress, according to an organizational behavior expert from Harvard Business School.

For some, telework degraded those boundaries by not allowing people to detach from work, jumping right into it when they wake up and lingering into

dinnertime.

A new buzzword — “fake commute” — is more than just jargon for saying go take a walk or ride a bike in the morning and evening. It's about finding a ritual that works for you to disconnect from work.

Read the story in [The Washington Post](#) for strategies that could work for you.



Why a 'Kidney Disease Warrior' Got the Vaccine

Rosie Love, MPH, considers herself a “kidney disease warrior.”

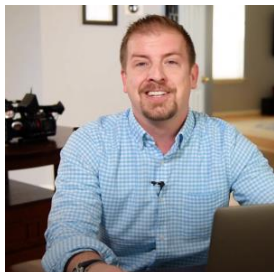
The PhD candidate at the University of Maryland School of Pharmacy says she wanted to get the vaccine to “share my experience with the COVID-19 vaccine as a patient with a high-risk medical condition.”

“I do understand why there is some hesitancy from some patients about the vaccine,” she says. “However, the risk of poor outcomes from COVID are worse for patients with kidney disease than those without. This is known. So my risks of going unvaccinated are greater than any potential side effects I may experience from the vaccine.”

Read the rest of Love's story in [The Elm](#).

Over the next few months, UMB will be highlighting members of the community and their vaccination experience.

Share your experience getting vaccinated by tagging [@umbaltimore](#) and using #UMBVaccinesWork on Twitter or Instagram. Include an explanation of why you got the vaccine. You also can submit photos and comments about your vaccine experience by clicking [here](#).



Time for a Tele-Refresher

Getting frustrated with running a virtual meeting? Check out these tips to help you sail through your next Zoom meeting (or Webex, or Teams ... you get the idea).

- [Virtual Meeting and Instruction Best Practices](#)
- [Recommendations for Telework and Tele-Education](#)
- [UMB Webcam tutorial](#) on lighting, camera height, positioning, and more
- [Strategies for Effective Online Classrooms](#)
- [Introduction to Advanced Tools in Blackboard](#)
- [Thurgood Marshall Law Library Guide to Remote Teaching and Learning Resources](#)



Sign Up to Volunteer for Mass Vaccination Sites

Are you interested in volunteering at one of the mass vaccination sites opening in Maryland? You can learn more about how to volunteer by visiting the [Maryland Responds website](#). This site allows you to register as a responder willing to provide services during a disaster or emergency situation such as the COVID-19 pandemic.



Let UMB Know You've Been Vaccinated

UMB needs the help of its community to track what proportion of our population has received a COVID-19 vaccination, whether on campus or elsewhere. This will help manage risk to our community and the need for ongoing preventive measures to control the pandemic, including limiting access to campus. UMB is encouraging but not requiring faculty, students, and staff to be vaccinated against COVID-19 at this time.

Please use the daily SAFE on Campus symptom monitoring form. If you don't use SAFE on Campus, please click [here](#).

Note that while we only need you to tell us once about each dose of vaccine, you also can use either of these forms to report side effects that may develop in the following days.



Student Counseling Center Virtual Programming

The [Student Counseling Center \(SCC\)](#) has a variety of virtual services and programs available this semester.

Let's Tele-Talk

The Let's Tele-Talk daily virtual drop-in service is a 15- to 30-minute informal and confidential conversation with an SCC counselor.

This is a same-day service, and the request must be submitted by 1 p.m. the same day. Request this service [here](#). For more information on Let's Tele-Talk, [click here](#).

Anxiety Toolbox Workshop

The Anxiety Toolbox is a three-part psychoeducational series offered during the fall and spring semesters. Each series consists of a weekly, 1-hour skill-based session. The next series begins **March 8** with **Jenna Silverman, PhD**. [Register here](#).

NAMI at UMB: Peer Support Group

The National Alliance on Mental Illness (NAMI) Peer Support Group promotes solidarity and support within the community of UMB students who are diagnosed with or experiencing symptoms of a mental health condition through peers supporting each other in their own unique recovery processes.

The Peer Support Group meets **biweekly Fridays at 4 p.m.** Students are encouraged to [register via email](#) to receive the Zoom meeting link.

Side Effects, Symptoms, and the UMB COVID-19 Hotline

If you have received a COVID-19 vaccine, certain side effects and when they occur could be confusing when comparing them to COVID-19 symptoms.

The UMB COVID-19 Hotline team created [this guide](#) to help you determine when to resume normal activities, when to isolate and call the COVID-19 Hotline, and when to call a doctor.

Please visit umaryland.edu/coronavirus for more information about UMB's COVID-19 policies and recovery.

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