

Your "How To" Guide for Surviving College during COVID-19



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Locations for Diagnostic Testing

Lafene Health Center

1105 Sunset Ave, Manhattan, KS 66502

(785)-532-6544

Appointment Required

No Referral Required

No Insurance Required

K+Stat Urgent Care

930 Hayes Dr. B, Manhattan, KS 66502

(785)-565-0016

No Appointment Needed

No Referral Required

Excel Clinical Lab

1133 College Ave Unit A-217, Manhattan, KS 66502

(785)-410-7016

Appointment Required

Referral Required

Insurance Required

Via Christi Hospital

1823 College Ave, Manhattan, KS 66502

(785)-776-3322



Grocery Options in MHK

Dillons (East)

130 Sarber Lane

App Available

Curbside pickup

Delivery

Dillons (West)

1101 Westloop Place

App Available

Curbside pickup

Delivery

Walmart

101 Bluemont Ave

App Available

Curbside pickup

Delivery

Hy-Vee

601 N 3rd Pl

App Available

In-store pickup

ALDI

140 E. Poyntz Ave

App Available

Delivery

Curbside pickup

Target

800 Commons Place

App Available

Delivery

Curbside Pickup

Asian Market

2304 Stagg Hill Rd Suite D.

(785)-320-5177

Curbside pickup

Finally, ask a roommate to get your groceries for the week. Handy apps like Venmo or Cashapp can easily send money without physical contact.



Contacting Student Life

What is Student Life?

Student Life at K-State aims to help students facing difficulties or challenges while at Kansas State. With COVID-19, Student Life has been devoted to helping students with the necessary information regarding classes.

Student Life Contact Information

stulife@ksu.edu

(785)-532-6432

How to fill out a form through Student Life

- Visit the K-State website
- In the search bar type "office of student life"
- Click on the right side of the page where it says "Reporting Form Student of Concern"
- Fill out the form
- Student Life will then contact the people listed in the form the student filled out



How to Talk to Your Teachers

Communicating with your teachers is imperative if you have been diagnosed with COVID-19. Teachers at Kansas State are here to help you succeed. If you are unable to do the coursework assigned during your illness, here are some tips for creating an email to send to your teachers.

First, make sure you tell them about your condition and how long you expect to be gone from class.

Whether or not you will be trying to complete coursework from home while you are ill.

What you will need help with.

Try to email them as early as possible once you find out you are not going to be able to attend class in-person, via zoom, etc.

Here's an example.

Dear Mr/Ms/Dr _____,

I'm emailing you to let you know I have recently been diagnosed with COVID-19. My symptoms are (enter them here _____ but try not to gross them out). I will try to do as much coursework as possible while I'm gone, but I most likely will not get it all done. Once I am healthy again, would you mind meeting me (over zoom) to go over what I have missed and what I can do to make up for it. Sorry for any inconvenience this may cause you and thank you for your understanding.

Sincerely,

Sign your name here



Staying Mentally Healthy

Here is a list of tips and tricks for staying mentally healthy during COVID-19.

Take care of your body

- Meditate, stretch, or practice your breathing
- Eat healthy, well-balanced meals
- Exercise (if you are able to)
- Get plenty of sleep
- Avoid alcohol and drug use

Connect with others

- Write letters to your family
- Call your grandma, she misses you
- Facetime friends

Take a break from the news

- Read a book
- Watch your favorite Netflix series
- Binge watch Youtube videos with cute animals

Lafene Counseling Services

785-532-6927

Students are given 8 free sessions per semester if they pay the privilege fee.

There are also group sessions that consist of 7-10 students per session who may be going through similar situations. Examples include mental illness, international students, etc.



Try New Activities in Quarantine

- Learn a new language
 - Apps like Duolingo or Babbel are free and easy to use
- Read that book you've never gotten around to
- Start a journal or blog
- Write letters to your family at home
- Go through those junk drawers or your closet and purge what you have always said "you'll get done someday"
- Get a coloring book
- Make a list of things you are grateful for
- Find your favorite TikTok and recreate it
- Learn origami
- Organize that spice rack
- Make a scrapbook of your favorite memories throughout college so far
- Learn calligraphy
- Go fishing or hiking
- Have a socially distanced cornhole tournament
- Make chalk art on the sidewalk or in the driveway
- Learn to make a new recipe
- Plant some flowers
- Get a piñata and fill it with your favorite candy
- Relearn the capitals of the 50 states because let's be honest, you've forgotten most of them by now
- Do yoga, YouTube has lots of videos to help if you're a beginner



Quarantining with Multiple People

If you are like the thousands of other students in college who have at least one roommate, learning to quarantine with others can be especially difficult. Here are some tips and tricks to keep yourself and others healthy when you or your roommate is COVID positive.

Communication is key. Talk to your roommates about creating a system to ensure that everyone is on the same page. Create boundaries or expectations for when someone is sick to make sure everyone is doing their part.

If someone has tested positive for COVID, they should isolate themselves away from roommates. This can be hard if they share a room or bathroom with other roommates. If the bathroom is shared, have cleaning supplies on hand, and clean the surfaces after each use.

If you or a roommate is ill, don't share hand towels. Use paper towels or designate a certain hand towel for each person.

When leaving their room, the roommate should have a mask and gloves on inside the house if possible.

Grocery shopping should only be done in person when absolutely necessary. As mentioned earlier, there are plenty of ways to get groceries without going inside the store. Ask a roommate to pick up your groceries.

Wash your hands. Then do it again. This may be one of the most important rules during a pandemic.

Social distance. It may be wise to implement staggered times for cooking or laundry if you are sharing the area. Don't forget to wipe it down after each use.

Wipe down any doorknobs, tables or light switches after using them.

Kindly share your frustrations with your roommates. Everyone is experiencing higher levels of anxiety during this time.



More Resources

Listed below are extra resources and support that are available during the pandemic.

Lafene Health Center

www.k-state.edu/lafene



Kansas State University Counseling Services

www.k-state.edu/counseling



Recreational Services

<http://recservices.k-state.edu/>



Wellcat Ambassadors

Instagram: @KSU_WellCAT
Email: wellcat@ksu.edu



Anxiety and Depression Association of America

www.nimh.nih.gov



National Institute of Mental Health

www.nimh.nih.gov



Cats Cupboard

<https://www.k-state.edu/cats-cupboard/>



Updates from K-State Regarding COVID

<https://www.k-state.edu/covid-19/communities/>

