

COVID-19 Fast Facts

UA Coronavirus information website:

<https://sites.google.com/alaska.edu/coronavirus/>

If you are a student dealing with various supply insecurities:

- Here is a website with a “recipe” for homemade sanitizer and information regarding this sanitizer and hand hygiene as a whole:
<https://www.popularmechanics.com/science/health/a31265105/coronavirus-diy-hand-sanitizer/>
- Here is a link detailing how to make masks at home:
<https://www.businessinsider.com/how-to-make-an-effective-face-mask-at-home-2020-3>
- If you are facing food insecurity, there are multiple locations around the community that provide free hot meals every day, as well as a local food bank that is located downtown.
- **SPECIAL NOTE ABOUT THE COMMUNITY FOOD BANK:** Due to a high volume of food box orders recently, it is highly important that you call **45-SHARE** as close to 10 AM as possible, as the food bank has been filling up each day by or before 11 AM. If you miss them one, day keep trying!

FREE MEALS SERVED IN THE COMMUNITY

SUNDAY	Stone Soup Cafe: (Breakfast 730-9 AM) Fairbanks Rescue Mission: (Breakfast 7 AM, Lunch 12 PM, Dinner 530 PM)
MONDAY	Stone Soup Cafe: (Breakfast 730-9 AM) Fairbanks Rescue Mission: (Breakfast 7 AM, Lunch 12 PM, Dinner 530 PM)
TUESDAY	Stone Soup Cafe: (Breakfast 730-9 AM) Fairbanks Rescue Mission: (Breakfast 7 AM, Lunch 12 PM, Dinner 530 PM)
WEDNESDAY	Stone Soup Cafe: (Breakfast 730-9 AM) Fairbanks Rescue Mission: (Breakfast 7 AM, Lunch 12 PM, Dinner 530 PM) Presbyterian Church on Cushman (Closed for the summer, resumes in the fall)
THURSDAY	Stone Soup Cafe: (Breakfast 730-9 AM) Fairbanks Rescue Mission: (Breakfast 7 AM, Lunch 12 PM, Dinner 530 PM)
FRIDAY	Stone Soup Cafe: (Breakfast 730-9 AM) Fairbanks Rescue Mission: (Breakfast 7 AM, Lunch 12 PM, Dinner 530 PM)
SATURDAY	Fairbanks Rescue Mission: (Breakfast 7 AM, Lunch 12 PM, Dinner 530 PM) Immaculate Conception Church: (Lunch 11 AM-1 PM, Next to Cushman St. Bridge)
Additional Meals for	North Star Council on Aging (Lunch 11:30 AM to 12:30 PM) Fairbanks Native Assn. (Lunch 11:30 AM to 12:30 PM)

Seniors	Meals on Wheels for 7 days, delivered M-F
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Locations and Phone Numbers for Locations Listed Above:

Stone Soup Cafe: 507 Gaffney Rd, (907) 456-8317

Fairbanks Rescue Mission: 723 27th Ave, (907) 452-5343

Presbyterian Church: Cushman St.

Immaculate Conception Church: Next to Cushman St. bridge

North Star Council on Aging: 1424 Moore St, (907) 452-1735

Fairbanks Native Assn: 313 Wendell St, (907) 451-7250

Meals on Wheels: (907) 452-1735

Fairbanks Community Food Bank: 725 26th Ave, (907) 457-4273

Information for students living in dry cabins:


- For showering and laundry, B&C Laundromat is open 7 days a week from 7 AM to 9:30 PM. It is located at 3677 College Rd. Remember to bring shower shoes, whether they are crocs, flip flops, etc.
- If you are able to drive/carpool, Forbes Laundry in North Pole also provides shower and laundry facilities 24/7. It is located at 667 St Nicholas Dr. According to reviews, this facility is on the pricier side, so make sure to bring plenty of change/cash.
- If you are desperate, heating up water on the stove and wiping yourself with rags, soap, and water is also an option.

Tutoring:

- For information regarding online math tutoring for the remainder of the Spring 2020 Semester, please visit <https://www.uaf.edu/dms/>. Students must schedule one-on-one math tutoring ahead of time.
- Writing tutoring: <https://uaf-ctc-scheduling.as.me/onlinewritingcenter>

Travel Reimbursement Information: (MUST APPLY BY 4/5/20)

<https://docs.google.com/forms/d/e/1FAIpQLSfe1uGyxy1gzfP-YPWYWwwXVvIEFE0aNdC-vx1xx31DGmj0qQ/viewform>

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Travel Reimbursement

Travel Reimbursement deadline: April 5

To request travel reimbursement, you must be a Spring 2020 on-campus residents who traveled due to the closure of on-campus single-student housing. Allowable travel reimbursement includes the following:

- Airfare
- Airline Baggage Charge (2 bags max)
- Ground Transportation to/from the Airport (Taxi, Lyft/Uber or mileage)
- Mileage to alternate housing (mileage is inclusive of fuel)

Documentation Requirements:

- Submit Airfare receipt. Airfare receipt must show the dates and times of travel, must be a one-way ticket, and must not be first class. Airfare purchased with miles will be reimbursed the equivalent amount of the cost of the miles used, per the carrier's website.
- Submit Baggage, Taxi and/or Lyft/Uber receipts.
- Submit [Car Mileage Reimbursement Form](#).

Please use [this travel reimbursement form](#) upload your travel-related receipts.

(Car mileage form:

<https://www.uaf.edu/finserv/files/finance-accounting/travel/carmileage-01-01-19.pdf>)

If you are a student needing mental health assistance:

- UAF Center for Health and Counseling is still OPEN. They are scheduling appointments for online secure meetings for counseling. Go to <https://uaf.edu/chc/> for more information.
- Every Tuesday from 1-2 PM, "Taking Charge of Your Headspace", a workshop for coping with stress:
https://news.uaf.edu/a-note-of-support-from-student-health-and-counseling/?utm_source=mailpoet&utm_medium=email&utm_campaign=student-news-for-covid-19_1736
- There are lots of great apps for helping people cope with stress, depression, and anxiety. Here is a list of them, as well as descriptions:
<https://www.medicalnewstoday.com/articles/320557#Anxiety-Relief-Hypnosis>
- If you are not looking for an app to assist you with these mental health issues, there are other things you can do to take your mind off of the current crisis, such as:
 - Find a new hobby to try
 - Read a book/magazine
 - Take a hot shower/bath
 - Watch a movie/new or your favorite television series
 - Use Netflix Party to watch shows with friends
 - Call/Video Chat a friend
 - Do a quick, at home exercise routine
 - Change your clothes
 - Put a blanket in the dryer for a few minutes and use
 - Massage the body and find pressure points
 - Stretch
 - Listen to music

- Take a nap
- Cuddle with or care for a pet
- Be productive (clean/organize something, get ahead on homework, make something, etc)
- AVOID alcohol, caffeine, and other drugs
- Open a window and get some fresh air or sit on the porch

For students concerned about paying for school next semester:

- Information about student loans from Wells Fargo: <https://www.wellsfargo.com/student/>
- Information about student loans from the UAF Financial Aid office: <https://uaf.edu/finaid/loans.php>
- For information regarding loans, federal scholarships, grants, etc: <https://studentaid.gov/>
- For miscellaneous scholarships: <https://scholarshipowl.com/>

ASUAF Student Support Fund Application:

https://cm.maxient.com/reportingform.php?UnivofAlaska&layout_id=33&fbclid=IwAR1mkOJwA4GmfrujltH1YPZtegcQCFht0XDH6h-LvzuQjKVgb0_AScmUxsY

Upgrade your internet for free/get free internet service until May!

<https://docs.google.com/document/d/1JMnjMrT3vIWWZAh5FGWTdg9QlxbRgRMpH56ncFVvhDl/edit>

Bookstore Orders and Returns

<https://news.uaf.edu/bookstore-accepting-online-orders-free-shipping/>

Housing Information:

(Copied and pasted from an email from ResLife) Residence Life began processing refunds on March 17. We are working as quickly as possible to be able to manage this process. You will receive a prorated refund for your housing based on a departure date of March 17 (or actual departure for those with extensions or who utilized the express checkout). Although your refund amount will not be affected, student housing will not process your refund until we have received your room key(s). Note that this timeline is based on the department's processing of refunds to your account - it may take several more days for the Bursar to process your refund once it has been applied by Housing.

Helpful Reminder: To ensure the fastest processing of your refund, please log on to your UAOnline Account and confirm you have entered in your bank account information for a direct deposit, and that your address reflects your current location.

KEYS:

Those of you who are not currently on campus, please mail your room and storage (Cutler) keys to the following address:

UAF Residence Life

1872 Yukon Drive

PO BOX 756860

Fairbanks, AK 99775

Any keys not returned by April 15, 2020 will result in a \$85 charge for a room key. If you are unable to send us your key by April 15, please notify us at uaf-housing@alaska.edu. We encourage you to send your mail key via tracked mail. We also encourage you to notify us that you have sent your key.

UNIT ENTRY:

Residence Life staff will need to enter units starting March 23 at 9AM. This is to ensure that there is no damage to units, windows are closed, perishable food items are disposed of, and that all required individuals are staying off campus and units are secured. We will continue making unannounced entries into unoccupied units after this date in order to pack, ship, and relocate belongings to storage. *Please note that unit inspections will not result in assessment of cleaning charges. However, damage charges will continue to be assessed.*

ITEMS:

At this point, Residence Life is going to pack up remaining items left in units. If there is anything immediate that you need, relating to academics or health/well-being, those items will get shipped out as soon as possible after an email request has been submitted to uaf-housing@alaska.edu. Please note that while we will attempt to meet requests for items outside of those two groups (i.e. personal hygiene, clothes, work supplies, etc.), we may not be able to immediately fill all requests as health and academic/course-work requests will take priority. All other items will be shipped or potentially stored before the end of the semester. We'll be in communication soon to explain what this process will look like for students.

PLANT/FISH FOSTERING:

Do you have plants or fish in need of a temporary or permanent home? Staff across the University have offered to serve as foster homes for you! Fill out the plant/fish foster form [here](#). We unfortunately cannot guarantee that these items will be in the same state as when you left them, but we can do our best to ensure you are reunited with your items upon your return.

Motivational quotes : Everything will probably never be okay. But we have to try for it.- Vladimir Putin.