CAMPUS STAKEHOLDERS SHOULD REVIEW ALL UNIVERSITY COMMUNICATION SENT VIA EMAIL/SOCIAL MEDIA AND THE BLEU BUZZ NEWSLETTER. FOR THOSE WHO HAVEN'T SIGNED UP FOR E2 CAMPUS ALERTS, PLEASE CLICK HERE. PLEASE REMEMBER AS MORE CORONAVIRUS 2019 (COVID-19) UPDATES BECOME AVAILABLE, THE UNIVERSITY WILL NOTIFY THE CAMPUS HOW IT WILL BE AFFECTED. PLEASE REFERENCE DILLARD.EDU FOR CONTINUOUS UPDATES.
Dr. Kimbrough released a statement on Covid-19 and how it will impact Dillard University on Wednesday, March 11, 2020. To read, click here.

Dillard University released a FAQ webpage on Friday, March 13, 2020. To read, click here.

Sign up or update your information on Dillard University’s E2 alert system, here. Campus stakeholders should also sign up for City of New Orleans emergency alerts.
01

Practice social distancing. Call or FaceTime your friends, instead.

02

Keep your parents in the loop. Phone home and send any Dillard University Covid-19 updates to your parents in case they are not on the DU Parents mailing list. Open communication with your parents at this time is important, whether you're home or remaining on campus.

03

Remain studious as the University transitions to online learning. Utilize time-management and study skills so you don't fall behind with your studies and remain on track to graduate.
UNPLUG

The Center for Disease Control and Prevention (CDC) reports that it is important to take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.
HEALTHY HABITS

As per the World Health Organization (WHO) + CDC:

Be sure to wash hands with water and soap for at least 20 seconds. If you’re not able to, please sanitize your hands with hand sanitizer that has over 60 percent of alcohol.

It is natural to feel stress, anxiety, grief, and worry during and after a disaster. Everyone reacts differently, and your feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family.

Self-care during an emergency will help your long-term healing. People with preexisting mental health conditions should continue with their treatment plans during an emergency and monitor for any new symptoms.

For more health tips during the Coronavirus pandemic, please visit CDC.
HOW TO STAY IN CONTROL

The U.S. Department of Veterans Affairs states that during the pandemic, one should:

Accept circumstances that cannot be changed and focus on what you can alter.

Modify your definition of a "good day" to meet the current reality of the situation.

Problem-solve and set achievable goals within the new circumstances in your life.

Evaluate the absolute risk of contracting the virus and recognize the benefits of accepting a certain level of risk to maintain as much of your normal routine as possible.
CORONAVIRUS WEB RESOURCES

The Center For Disease Control and Prevention (CDC)

World Health Organization (WHO)

U.S. Department of Education