

# Fall in the Stalls

## Volume 21, Issue 2 - Stall Seat Journal

Office of Health Promotion - Department of Student Health and Wellness - University of Virginia

Thank you for taking the steps to keep yourself, UVA, and the Charlottesville community safe by isolating! We understand this is a difficult time. Although you're not physically with others, you can stay connected with your friends, family, and fellow Hoos. Try catching up with someone you haven't spoken to in a while, playing virtual games with friends, and practicing self-care. Some self-care suggestions include meditating, journaling, seeking social support, and catching up on much needed rest!

### It's safe to leave isolation when...

- \* Your healthcare provider advises you that you can
- \* You haven't had a fever for at least 3 days and have not used medication to reduce fever (for example, Tylenol or Advil)
- \* Other signs of illness are improving (cough, shortness of breath, or other symptoms)
- \* At least 10 days have passed since your symptoms first appeared

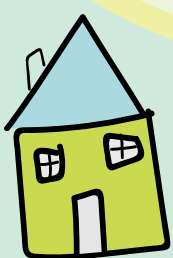
**We hope you feel better soon!**



If you never felt sick but were diagnosed with COVID-19, you're safe to leave isolation when at least 10 days have passed since your positive test and you continue to have no symptoms.

# HOO? KNEW!

**87%** of UVA undergraduates agree that the UVA community looks out for one another.\*



UVA offers positive, free, brief, and confidential one on one meetings to explore your strengths, goals, and motivations related to well-being. Visit [www.studenthealth.virginia.edu/wahoowell](http://www.studenthealth.virginia.edu/wahoowell) to learn more and try it out!

### \* Hoos Helping Hoos \*

#### Not Feeling Well?

Contact the Department of Student Health and Wellness for your physical and mental health needs!

#### Medical Services

Primary care and COVID care services.  
**(434) 924-5362**

#### Counseling & Psychological Services (CAPS)

Counseling and Psychiatric care, including crisis services. **(434) 243-5150**

For more UVA-specific wellness resources, visit [studenthealth.virginia.edu/covid19-wellbeing](http://studenthealth.virginia.edu/covid19-wellbeing)

SSJ is still here for you, but we're moving online for the rest of the semester! We'll publish a new digital issue every 2 weeks. **Ways to find us:**

1. Use this QR code to access our latest issues
2. Look for us in Connections every other week
3. Follow us on Instagram @stallseatjournal\_uva