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!

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 to learn more and try it out!

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

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

* From the February 2020 NCHA with responses from 904 UVA undergraduates

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Talk to us at StallSeatJournal@virginia.edu