

Owens Health and Wellness Center – FAQs

1. Are the medical and dental clinics open during the extended break?

The clinics are open. If you are ill with COVID-19 or suspect that you are infected with the virus that causes COVID-19, call your doctor or the Campus Clinic, immediately, at 601-957-6776. To prevent the spread of the virus or other communicable infection, remain in your residence until you receive instruction from your healthcare provider. Call your doctor before you go to the doctor's office/clinic.

Medical Clinic Hours:

Monday – Friday 8:00 AM – 5:00 PM

Dental Clinic Hours:

Monday & Thursday 9:00 AM – 4:00 PM

Tuesday 1:30 PM – 5:00 PM

Wednesday 8:00 AM – 5:00 PM

For emergencies, call 911. You may also call Public Safety at 601-977-7857.

2. Can I access behavioral and mental health services during the extended break?

Yes. Mental health services will be available to Tougaloo College students, faculty, and staff. Please, call 601-957-6776 for more information. **If you need behavioral and mental health services after hours, please, call 601-713-4099 or to reach the National Hotline, text “Home” to 741741.**

Behavioral and Mental Health Services Clinic Hours:

Monday – Friday 8:00 AM – 5:00 PM

3. How can I manage the anxieties and fears that I am having?

There can be a wide range of thoughts, feelings, and reactions. You may experience periods of anxiety, worry, and/or panic. You may feel helpless. You may withdraw socially. You may even have difficulty concentrating and sleeping. You may be angry and hyper-vigilant about your health and body.

Although COVID-19 is a public health issue that is being taken seriously by the College and public health authorities worldwide, do not let your worry control your life. There are many simple and effective ways to manage your anxieties and fears. Many of them are essential ingredients for a healthy lifestyle. Adopting these simple ingredients can help improve your overall emotional and physical well-being:

- **Get the facts.** Stay informed with the latest public health and campus information informed by the MS State Department of Health (MSDH) and the Centers for Disease Control and Prevention (CDC) health advisories.

- **Keep this situation in perspective.** Limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage. Although you may want to remain informed — especially if you have loved ones in affected areas — remember to take a break from watching the news and focus on the positives in your life and what you have control over.
- **Be mindful of your assumptions about others.** Someone who has a cough or a fever does not necessarily have COVID-19. Self-awareness is important to not stigmatize others.
- **Try to anticipate distress.** It is normal to feel vulnerable and overwhelmed as we read news about the outbreak, especially if you have experienced trauma or a mental health problem in the past, or if you have a long-term physical health condition that makes you more vulnerable to the effects of the coronavirus.
- **Stay connected.** Maintaining social networks can help maintain a sense of normalcy and provide valuable outlets for sharing feelings and relieving stress. Reaching out to someone can, to some extent, alleviate anxiety. The key is to communicate with others, so that you are not left feeling isolated and hopeless. Stay in touch with friends on social media but try not to sensationalize this situation. If you are sharing content, use trusted sources, and remember that your friends might be worried as well.
- **Seek help.** If you feel overwhelmed or anxious, seek professional mental health support.

4. Is the fitness center open?

The fitness center is closed until further notice. All fitness classes are cancelled.

5. Is the Student Support Pantry open and who can receive pantry items?

The Student Support Pantry is open. Any student approved to remain in the residence halls, *during the extended break*, may receive pantry items on Mondays between 11:00AM – 1:00PM. These items may include bottled beverages, microwavable meals, snacks, and toiletries. Please, call 601-977-4415 or 601-977-7797 for more information.

6. If a Tougaloo College employee exhibits COVID-19 symptoms such as fever, cough, shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, and/or new loss of taste or smell, while at work, what should the employee do?

The employee should notify their supervisor/manager immediately. The supervisor/manager should send the employee home. The employee should contact their primary care physician or the Campus Clinic, immediately, at 601-957-6776 to be tested for COVID-19. Prior to going to the doctor's office/clinic, the employee should call ahead to receive further instructions from the office/clinic, to avoid sitting in waiting areas, and to avoid the spread of potential virus/infection. The employee should follow the instructions of their primary care physician and should not report back to work unless released by their doctor. However, if the employee has been absent for three consecutive days, the employee may be required to provide a doctor's statement prior to returning to work.

7. What can I do to protect myself and my family from getting COVID-19?

You should exercise all precautions to prevent exposure to and the spread of respiratory viruses. The MSDH and CDC recommend the following preventive measures:

- Get a flu vaccine every year.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Wash your hands immediately.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Practice social distancing.
- Stay in good overall health: maintain healthy eating, remain physically active, remain in contact with your doctor, and follow your doctor-prescribed treatment.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Use an alcohol-based hand sanitizer or rub that has a minimum of 60% alcohol to wash hands, if soap and water are unavailable.

8. What is COVID-19?

COVID-19 is the coronavirus disease, discovered in 2019, which has caused an outbreak in respiratory illnesses throughout several countries, including the United States. This disease is caused by a new (novel) coronavirus thought to spread from person-to-person and from contact with infected surfaces or objects. An individual may be contagious even when they are asymptomatic. **Symptoms may include fever, cough, shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, and/or new loss of taste or smell** within 2 to 14 days following exposure to the virus.

9. What is social distancing?

The MSDH and CDC have advised that all individuals should practice social distancing to reduce the spread of COVID-19. This means that you should reduce contact with people by avoiding groups of 10 people or more. You should not attend athletic events, concerts, crowded stores, fitness gyms, gatherings, sleepovers, theaters, and reduce non-essential visits to your home, for example. Try to maintain a distance of six feet between you and other individuals. Creating physical distance from others lessens the chances of contracting the coronavirus that causes COVID-19.

10. Where can I find more information about COVID-19?

You may access the [MS State Department of Health](#) website and the [CDC](#) website.

11. Who can I call for more information on COVID-19 in Mississippi?

Contact the MS State Department Health hotline at 1-877-978-6453 Monday – Friday, 8:00 AM – 5:00 PM.

Delta Health Partners – Healthy Start Initiative Project - FAQs

1. I am a Healthy Start Initiative Project client. Can I still receive services?

Yes. You can still receive services by the Healthy Start Case Management Team via phone, Skype, text, social media, and email. Although, face-to-face is the preferred method of contact, the Healthy Start Case Management Team will strive to keep our families safe and practice CDC-recommended safety guidance during the COVID-19 crisis.

2. Will I still be able to receive professional assistance from the Healthy Start Certified Lactation Counselors (CLC)?

Yes. Call the Greenville, MS office at 662-335-4300 or the Marks, MS office at 662-326-3673 and you will be connected to a Healthy Start CLC.

3. What is Healthy Start and how can I become a participant?

The Healthy Start Initiative Project seeks to a) *improve women's health* through improved coverage, access to care, and health promotion and prevention, and health for women, before, during, and after pregnancy; b) *improve family health and wellness* through improved infant health and development using a two-generation approach; c) *promote systems change* through maximized opportunities for community action to address social determinants of health, including systems coordination and integration among individuals and organizations vested in the commitment to improve health outcomes of the target population; and d) *assure impact and effectiveness* through ongoing project workforce development, data collection, quality improvement, performance monitoring, and evaluation activities in order to identify best practices, demonstrate implementation of evidence-based practices, and report on results.

There is no cost to become a participant. You must be pregnant, between the ages of 10-44 years, and reside in Bolivar, Coahoma, Quitman, Sunflower, Tallahatchie, Tunica, and Washington counties. Call the Greenville, MS office at 662-335-4300 or the Marks, MS office at 662-326-3673 for more information.