- This web page includes a pdf of Stockton's 70+ page Spring 2021 campus operations plan submitted earlier this month to the New Jersey Office of the Secretary of Higher Education, as well as PowerPoint slide deck which summarizes key points of the plan.

If you have been tested for COVID-19 in any jurisdiction, due to symptoms or a known direct exposure, please contact Stockton at publicsafety@stockton.edu as soon as possible. You do not need to wait for results. This will greatly assist our efforts in tracking the people in our community who have been impacted.

https://stockton.edu/emergency-management/coronavirus.html

Faculty, staff and students should complete the Stockton Health Pledge daily, even if you are not coming to campus. The pledge is emailed daily to

Stockton students who receive a referral for a COVID-19 test can get tested for free, by appointment only at Atlantic City (3830 Atlantic Ave. Atlantic City, NJ 08401) with their Stockton ID.

3830 Atlantic Avenue
Atlantic City, New Jersey 08401
(609) 345-6000
Hours 8:30am-

Counselors at the Wellness Center have returned to campus and are here to help you. Please keep in mind that due to the pandemic, our counselors will continue providing virtual counseling services (via zoom or phone). In case of a psychiatric emergency or crisis, other meeting spaces may be explored.

Walk-in/Crisis Services are still available Monday to Friday 9:00am-4:00pm via phone at 609.652.4722.

Counseling groups and workshops will continue to run remotely via Zoom.

If you have any questions, please call our office at 609-652-4722.

https://www.cdc.gov/coronavirus/2019-ncov/index.html

https://covid19.nj.gov/

https://www.nj.gov/health/cd/topics/covid2019_dashboard.shtml

https://www.atlantic-county.org/public-health/

Wear your mask and stay 6 feet apart when in public spaces

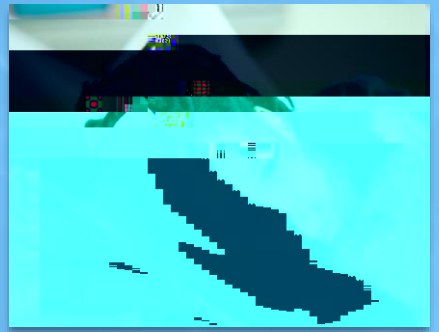
Avoid touching your eyes, nose and face with unwashed hands

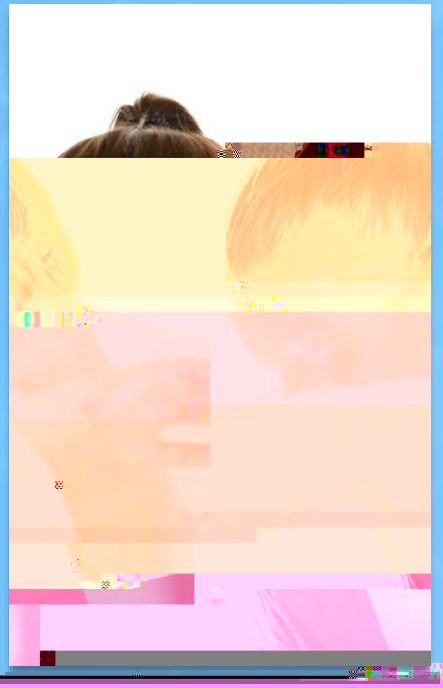
Cover coughs and sneezes with tissue or sleeve, not hands

Wash hands often or use hand sanitizer when soap and water not available

Stay home when sick

Avoiding crowds and those who are sick





The time from when a person is exposed to when they develop symptoms

For COVID-19 the incubation period is about 2 – 14 days

Research suggests that a person with COVID-19 may be more likely to spread the virus 48 hours before symptom onset

If someone is asymptomatic or if they are symptomatic and the their symptoms go away, it's possible to remain contagious for at least 10 days after testing positive for COVID-19

Seek medical care right away. Do not come to campus if you are ill

Answer “No” to Stockton’s Health Pledge. Someone will call you and tell you the next steps to take.

going to Health Services, a doctor’s office, an urgent care, or a hospital

Avoid contact with others. Stay at least 6 ft apart

Continue to wear you mask

Stay home

Cover coughs and sneezes

Wash hands often or use hand sanitizer

Disinfect frequently touched surfaces

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

separates sick people with a contagious disease from people who are not sick.

separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

https://youtu.be/l3s75_X8Xjs

Quarantine can end after Day 10 without testing and no symptoms.

Get tested between day 5-7 (not earlier than day 5). Must quarantine at home until results are received and are negative. Quarantine cannot end earlier than Day 7. If the test result is delayed, quarantine should be continued until after Day 10.

o Persons in quarantine should wear masks, social distance from others, and wash hands often.

Look for for COVID-19. If someone is showing any of these signs,

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

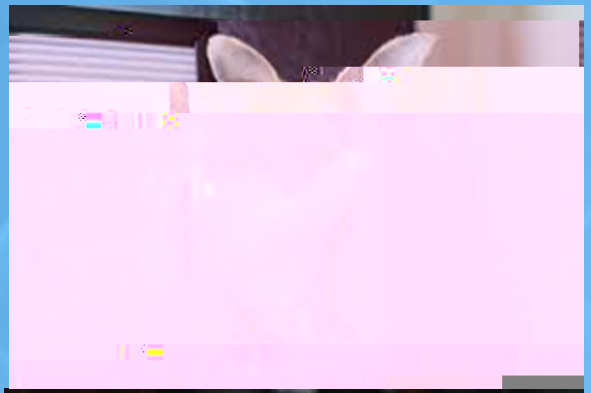
Notify the operator that you are seeking care for someone who has or may have COVID-19.

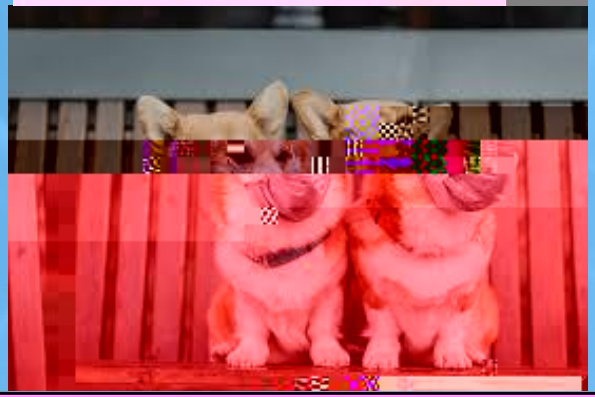
Source: CDC

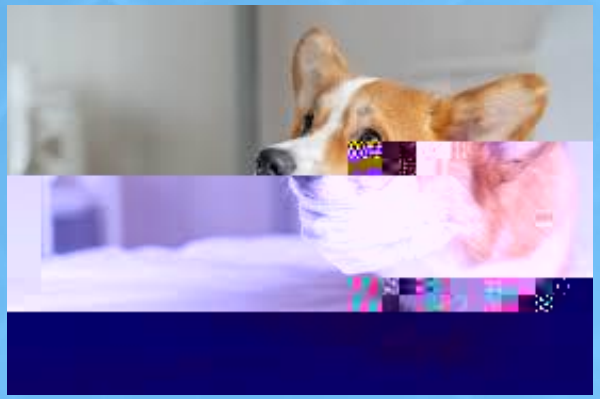
Photo by martin-dm/iStock

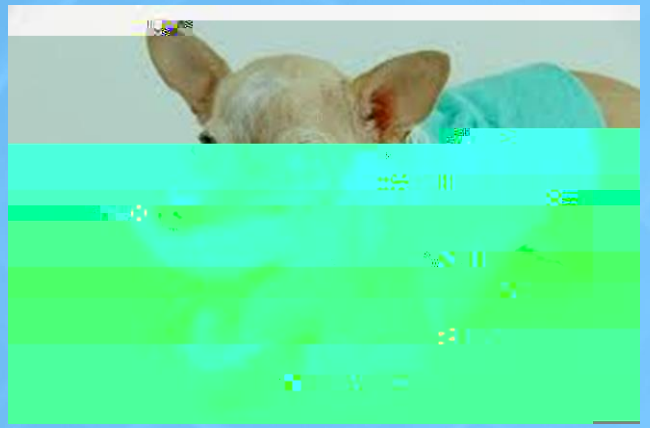
https://www.youtube.com/watch?v=KHCrYOGkLMM

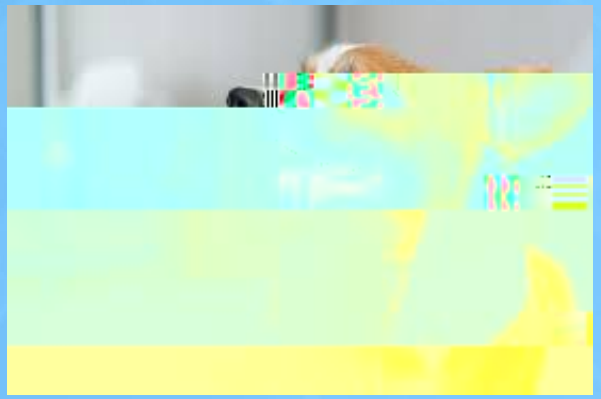
Source: CDC



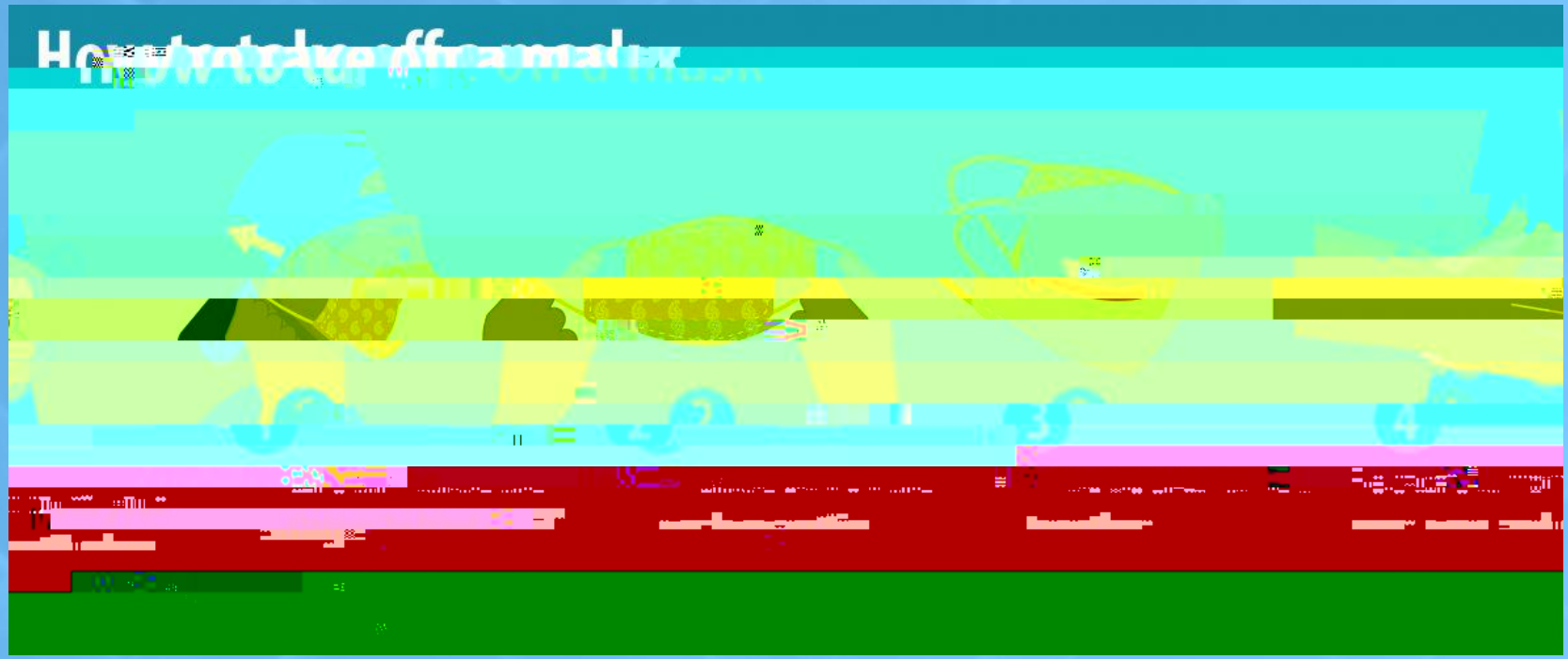








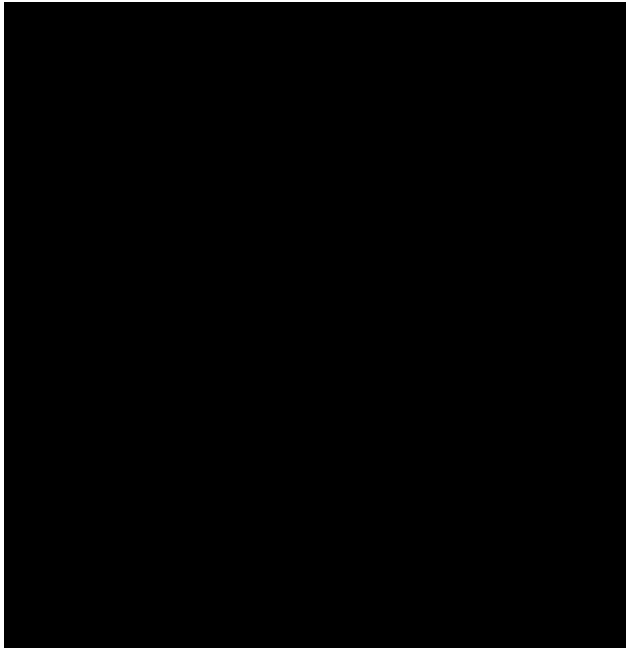
Coronavirus Disease
COVID-19
What you need to know to keep your family safe and healthy
www.tricare.mil/coronavirus



Source: CDC

Wash your mask with tap water and laundry detergent or soap.

Rinse thoroughly with clean water to remove detergent or soap.



Source: CDC

Use the highest heat setting and leave in the dryer until completely dry

Lay flat and allow to completely dry. If possible, place the mask in direct sunlight

Source: CDC

855-568-0545
8:00 a.m. to 8:00 p.m.

Covid19.nj.gov/vaccine

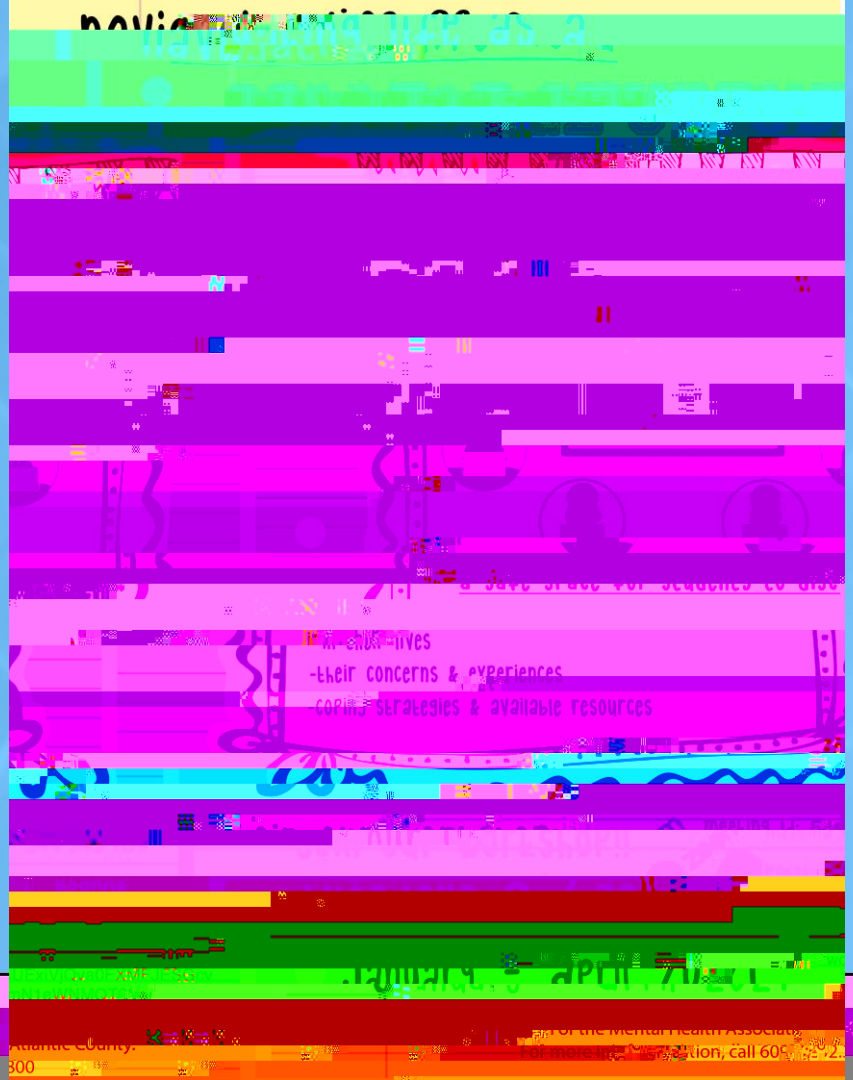
As of January 14, 2021, the following groups are eligible for the COVID-19 vaccine:

- Paid or unpaid persons working or volunteering in a healthcare setting
- Residents of long-term care facilities
- Frontline [illegible] responders
- Persons aged 65 and older
- Persons aged 16 to 64 years old who have [illegible] that poses high risk [illegible] were COVID-[illegible]

[illegible]ID-19

[illegible] vaccine visit

SPONSORED BY: ACTIVE MINDS, STOCKTON SUICIDE PREVENTION TEAM AND THE WELLNESS CENTER


-their concerns & experiences
-coping strategies & available resources

Virtual
Sund
Meeting ID: 965 2476 8033
Passcode: 8
075
Stress Reduction and Coping Strategies
Meeting ID: 869 0749 6142
Passcode: 981708
Single Parents Support Group - 7:00pm.
"Teacher Talk" - 3:30pm.

Donate Blood Plasma and Help Save Lives!

To donate plasma go to

https://www.coronavirus.gov/

https://www.redcrossblood.org/donate-blood/dlp/plasma-donations-from-recovered-covid-19-patients.html

Call 911

_____

_____

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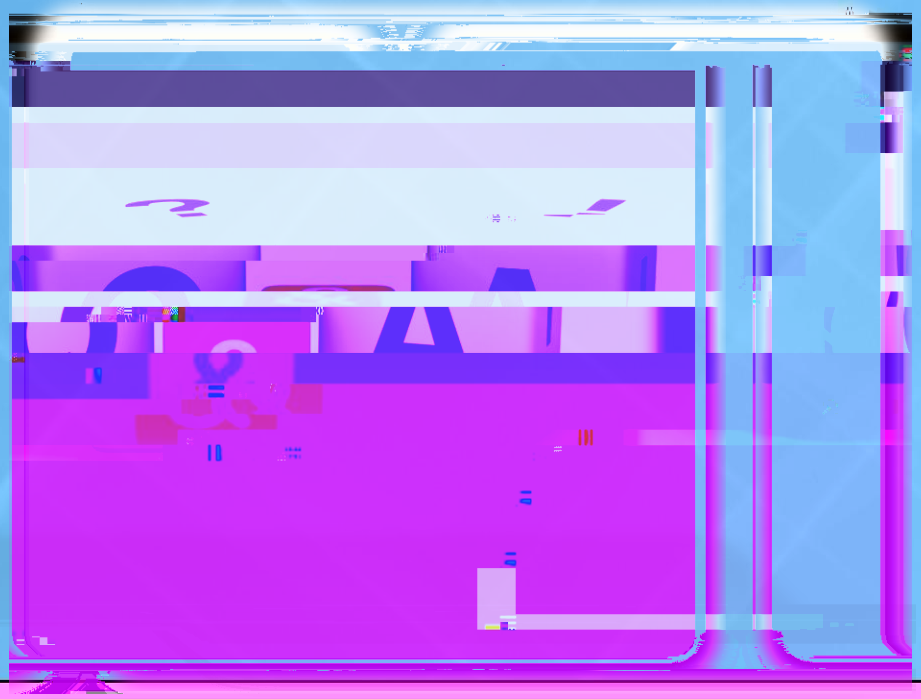
Contact Health Educator

Kristen Mittleman, MS, CHES

Kristen.Mittleman@stockton.edu

609-(609) 652-4701

Direct- (609) 652-4869