

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

Welcome Back

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We have the tools to
Fight Omicron



Vaccines & Booster

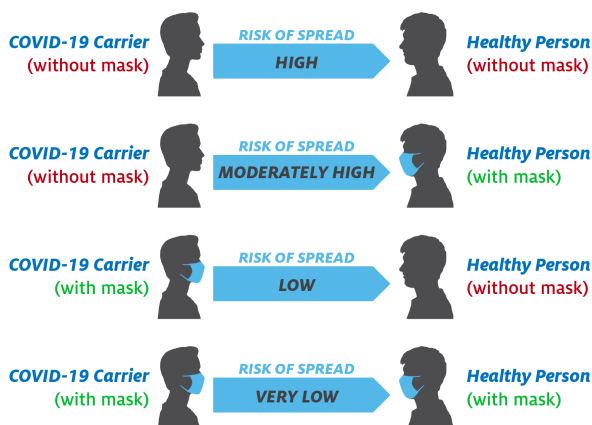


Masks



Testing

WEAR A MASK TO PROTECT YOURSELF AND OTHERS



Pandemic Trauma Stress Experience

Inspired by resources on: [apsa.org](https://www.apa.org) and [ama-assn.org](https://www.ama-assn.org)

PTSE is NOT a diagnosis or a disorder. It IS a shared community phenomenon centered on adapting together.

What it looks like:

- Fear of catching COVID and/or Fear of getting others sick
- Worried about vaccine scheduling
- Worry about vaccine effects or ineffectiveness
- Fear for future, weariness for present, & grief for past
- Increased frustration and despair
- Increased withdrawal, isolation, and fear of others (illness)
- Growing weariness & decreased attention to safety
- Loss of focus, both on specific tasks as well as general goals
- Increased mental mistakes, a kind of fuzzy thinking
- Hypervigilance to potential loss, injury and/or illness
- Realistic worry about finances
- Disruptions of normal patterns of behaviors
- Closer family ties and reliance on friend

This is normal BUT if you feel overwhelmed contact the Wellness Center for counseling support.

There are factors that can help!:

1. Social Support
2. Healthcare Resources
3. Wellness Programs
4. Create a Routine/Structure
5. Focus On What You Can Control
6. Practice Positive Affirmations and Gratitude
7. Set Boundaries for Social Media Use
8. Continue to Follow Protective Measures (i.e., masks)

Booster requirement for all SUNY students

Governor Hochul announced issuance of spring semester reopening guidance for SUNY and CUNY campuses which includes the continuation of the student vaccine mandate as well as requiring all students regularly accessing campus to receive the COVID-19 booster.



You must receive your booster shot when eligible!



For information on the booster vaccines and FAQs, visit the CDC's website. To find a vaccine site near you and to schedule an appointment, visit New York State's COVID-19 Vaccine website or the CDC's Vaccine Finder.

To submit proof of your booster vaccine, please send a photo of your Vaccination Card to the College's Wellness Center using one of these three options:

- Option 1: Upload through the Medcat Patient Portal
- Option 2: Email WellnessCenter@cobleskill.edu
- Option 3: Fax to 518-255-5819

Note on Medical and Religious Exemptions

You do not need to receive a booster vaccine if you had a religious or medical exemption to the COVID-19 vaccine approved in the Fall 2021 semester. Your exemption extends through the Spring 2022 semester, with no requirement to reapply for exemption.



Why is it important to get a booster vaccine even after getting two doses of Moderna or Pfizer or one dose of Johnson & Johnson?

Immunity from any vaccine decreases overtime, which is why it is important to keep up to date on available booster doses on all of your vaccines!

Clinical trials related to COVID-19 immunity have shown that booster doses help increase the immune response to COVID-19 and decrease the risk of severe symptoms from the virus.

Resource: Center for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

WHAT HAPPENS IF I TEST POSITIVE FOR COVID???

If you test positive with pool testing – the Wellness Center will be reaching out to you to see how you are feeling and to see if you want to isolate on-campus or off-campus.

If you test positive at the Wellness Center – you will be able to return to your residence hall briefly to pack your things then you will either have to isolate on-campus (in a designated building) or you may choose to isolate off-campus.

If you test positive off campus or with a home test – call and notify the Wellness Center of your results as soon as possible so that they can help you determine your next steps.

The Wellness Center

Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Director Lynn Ontl at 518-255-5225

