

**Feel free to add other resources as relevant! Thanks to everyone sharing resources and support!**

Compiled by the Muslim Institute for Leadership & Empowerment at UVA

## **NATIONAL**

### **CDC Information/Updates:**

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

**National Student Mutual Aid Network** facebook group, please feel free to join!

<https://www.facebook.com/groups/135485187889200/>

**Mutual aid coordination slack for national efforts:** [link](#)

Welcome doc with more information: [link](#)

**Comcast Internet Essentials plan** free to new low-income customers:

<https://www.internetessentials.com/covid19>

<https://corporate.comcast.com/covid-19?linkId=84300755>

**Xfinity WiFi hotspots** free for everyone:

For a map of Xfinity WiFi hotspots, visit [www.xfinity.com/wifi](http://www.xfinity.com/wifi)

**Education companies offering free subscriptions:**

[https://docs.google.com/spreadsheets/u/1/d/1NUKLZN7hGSu1Hzm70kfzBKs-lsSELaEMggS6oBi2O2I/htmlview?usp=embed\\_facebook&fbclid=IwAR19JaQizC9Y1uN1adsMWq264RFsveBhc mraHHA VdQ3notBgbvXNDLZY9FU&sle=true&pru=AAABcPXq2w8\\*GA8Y8wJx34gi\\_saSMOp74w](https://docs.google.com/spreadsheets/u/1/d/1NUKLZN7hGSu1Hzm70kfzBKs-lsSELaEMggS6oBi2O2I/htmlview?usp=embed_facebook&fbclid=IwAR19JaQizC9Y1uN1adsMWq264RFsveBhc mraHHA VdQ3notBgbvXNDLZY9FU&sle=true&pru=AAABcPXq2w8*GA8Y8wJx34gi_saSMOp74w)

**Tufts University Mutual Aid:**

[https://docs.google.com/spreadsheets/d/1IchjwasMn7kc4kv4TalIN\\_XcY8yaoWPJZIEH4\\_oW4DE/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1IchjwasMn7kc4kv4TalIN_XcY8yaoWPJZIEH4_oW4DE/edit?usp=sharing)

**More Virginia + national resources [here!](#)**

## **CHARLOTTESVILLE**

**Coordination of mutual aid efforts** for Charlottesville. If you're in need and/or would like to help, feel free to fill out this form: <http://bit.ly/cvillecare2020>

**Mini grants of up to \$200** from the Charlottesville Community Care Team to help our Central Virginia neighbors with food, rent, and other life necessities:

**Request funds:** [bit.ly/cvillecoronaflpopund](http://bit.ly/cvillecoronaflpopund)

**Join network:** [bit.ly/cvillecare2020](http://bit.ly/cvillecare2020)

**Donate:** [congregatecville.com](http://congregatecville.com) (every donation will be matched until March 20th)

**More UVA resources [here!](#)**

**UNIVERSITY OF VIRGINIA**

(UVA) ***If you are feeling sick:*** call Student Health first to determine a plan of care (434) 982-3915. Unless it is an emergency, do not go to the UVA Emergency Department.

***Student Council Mutual Aid Page:***

<https://www.facebook.com/uvamutualaid/>

***Seeking non-monetary aid*** (housing, storage, food, transportation, etc)?:

<https://tinyurl.com/ron74ub>

***Seeking monetary aid?:***

<https://tinyurl.com/tsoftfz>

***Want to provide non-monetary aid*** (housing, storage, food, transportation, etc)?:

<https://tinyurl.com/rqksw8h>

***Want to provide monetary aid?:***

<https://tinyurl.com/u4c68oa>

***UVA Novel Corona Website:***

[https://www.virginia.edu/coronavirus?utm\\_source=VirginiaFeed&utm\\_medium=referral&utm\\_campaign=news](https://www.virginia.edu/coronavirus?utm_source=VirginiaFeed&utm_medium=referral&utm_campaign=news)

***Operation Status Board:***

<https://www.healthsystem.virginia.edu/uvastatusboard/>

***Contemplative Sciences Center - Online Classes!:***

<https://csc.virginia.edu/news/programming-updates-%E2%80%94-covid-19>

***FAQ:***

<https://www.virginia.edu/coronavirus/faq>

***UVA Health: COVID19 Screening and Testing:***

<https://uvahealth.com/services/infectious-disease/coronavirus-faqs>

***UVA Library System COVID-19 Resource Page:***

<https://www.library.virginia.edu/news/covid-19>

***Chaplain Ailya Vajid's Resources:***

[https://docs.google.com/document/d/1AtcUJXtGLqooHTJldKzsS8\\_DDvP6DSWBZA5A2rbqaME/edit?usp=sharing](https://docs.google.com/document/d/1AtcUJXtGLqooHTJldKzsS8_DDvP6DSWBZA5A2rbqaME/edit?usp=sharing)

Groupchat for people ***staying on grounds:***

[https://groupme.com/join\\_group/58573944/vrleQVhv](https://groupme.com/join_group/58573944/vrleQVhv)

\*Provost Liz Magill put a lot of links for resources in her email, plus Pres Ryan's email had a lot of info

***Housing Notice for Students Living On Grounds:***

<https://vpsa.virginia.edu/communications/2020/message-undergraduate-students-living-grounds-housing-or-graduate-students>

***Textbooks*** If you need textbooks/if the only reason you would return to grounds is for textbooks, email [library@virginia.edu](mailto:library@virginia.edu):

<https://twitter.com/unsworth/status/1238289662352990210?s=12>

***Advising on Working from Home/Online Classes:***

<https://twitter.com/uvastudco/status/1238535241083564035?s=12>

<https://advising.virginia.edu/resources/coronavirus-homestudy/>

***Food Pantry:***

Hours and location info: <https://pantryatuva.org/>

<https://twitter.com/ebrasac/status/1237932000587153410?s=12>

***Resource for Comm Students/Cohort:***

<https://twitter.com/deannadw/status/1238152471811444737?s=12>

***Sheila Johnson Center:***

<https://curry.virginia.edu/services-outreach/sheila-c-johnson-center/clinical-services/cognitive-behavioral-therapy>; contact at

<https://curry.virginia.edu/services-outreach/sheila-c-johnson-center/staff-and-contact>

***Psychiatric Medicine at UVA Northridge:***

<https://uvahealth.com/locations/profile/psychiatric-medicine-northridge>

***Women's Center:***

<https://womenscenter.virginia.edu/new-clients>

Muslim woman counselor Aisha Saeed: [asl8z@virginia.edu](mailto:asl8z@virginia.edu)

***If you are a target of a hate crime/harassment:***

<https://justreportit.virginia.edu/>

***UVA Dining Options:***

<https://virginia.campusdish.com/>

***University Transit System:***

<https://parking.virginia.edu/university-transit-service>

***Grounds-only Resources - Library Resources or Databases:***

*Full VPN (requires installation):*

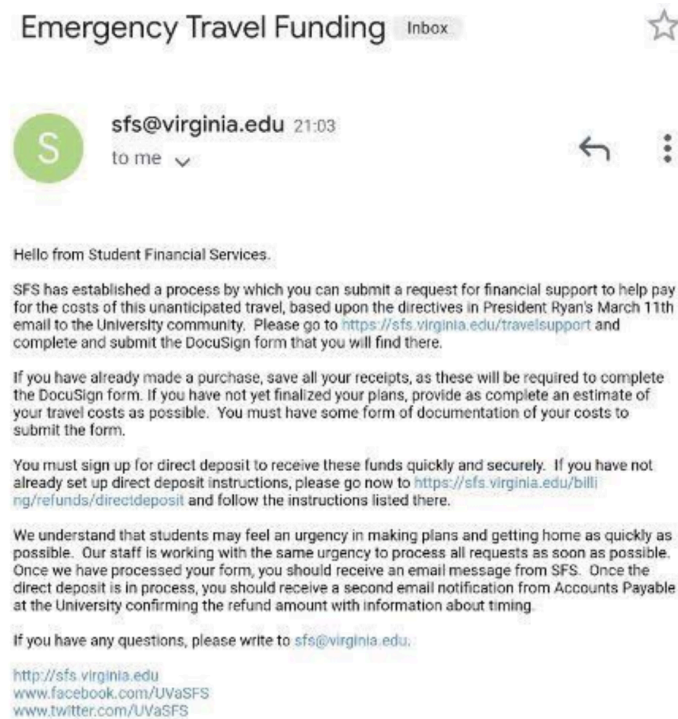
[https://virginia.service-now.com/its?id=itsweb\\_kb\\_article&sys\\_id=f24e5cdfdb3acb804f32fb671d9619d0](https://virginia.service-now.com/its?id=itsweb_kb_article&sys_id=f24e5cdfdb3acb804f32fb671d9619d0)

*Lite VPN (web only and it looks like you don't need to install anything):*

[https://virginia.service-now.com/its?id=itsweb\\_kb\\_article&sys\\_id=b8bd4aabdb6ddb004f32fb671d9619ad](https://virginia.service-now.com/its?id=itsweb_kb_article&sys_id=b8bd4aabdb6ddb004f32fb671d9619ad)

**Emergency Travel Assistance:**

<https://sfs.virginia.edu/travelsupport>



**Mail:**

Below is information about our mail / package operation.  
Our website also has this information here:  
<https://housing.virginia.edu/coronavirus-response>

If there is a request to forward USPS mail and packages, please send the request to [housingmail@virginia.edu](mailto:housingmail@virginia.edu) and the mailroom will process them as they come in.

Once we know who is staying in residence, we will automatically forward all USPS mail and packages for residents not in housing to the home addresses.

We cannot forward DHL, FedEx or UPS. There are two options:

- the recipient can send us a label via email that forwards the package to a new address. This comes from the carrier to the resident. The labels must be prepaid. Labels should be sent to the [housingmail@virginia.edu](mailto:housingmail@virginia.edu).
- packages of those not staying with us will be returned sender at the end of next week.

The following satellite mail rooms will be open from 10am to 4pm on Friday (3/13), Saturday (3/14) and Sunday (3/15):

- Lambeth
- Bond
- Shannon ( all mail from Runk will be moved to the Shannon mail room)
- Page (all mail from the IRC will be moved to the Page mail room)

Beginning Monday (3/16), all mail for all areas will be in Cauthen, which will be open Monday-Friday from 8am to 4:30pm for mail/package pick up for those staying on Grounds.

# SPRING 2020 ACADEMIC CALENDAR

3/20

**Shopping Cart For Fall 2020  
Enrollment Opens to Students**

Friday, March 20th

3/31

**Third- and Fourth-Year Students Enroll  
in Summer 2020 Classes**

Tuesday, March 31

4/1

**First- and Second-Year Students Enroll  
in Summer 2020 Classes**

Wednesday, April 1

4/6 -  
4/17

**Advising for Fall 2020 Course Selection**

Monday, April 6 to Friday, April 17

4/14

**Last Day to Withdraw from the  
University and Return for Fall 2020  
Semester**

Tuesday, April 14

4/15  
- 6/1

**Students Apply in SIS for August 2020  
Graduation**

Wednesday, April 15 to Wednesday, July 1

4/20

**Undergraduate Enrollment Begins for  
Fall 2020 Classes (15 credit limit)**

Monday, April 20

4/22

**Last Day to Request Change in  
Examination Schedule**

Wednesday, April 22

4/28

**Classes End**

Tuesday, April 28

5/8

**Last Day for Fourth-Semester Students  
to Declare a Major**

Friday, May 8

6/5

**Deadline for Completing Authorized  
Incompletes from the Spring Semester**

Friday, June 5



UNIVERSITY  
of VIRGINIA

Office of the Dean of Students  
Multicultural Student Services

## **FINANCIAL**

**Comcast Internet Essentials plan** free to new low-income customers:

<https://www.internetessentials.com/covid19>

<https://corporate.comcast.com/covid-19?linkId=84300755>

**Xfinity WiFi hotspots** free for everyone:

For a map of Xfinity WiFi hotspots, visit [www.xfinity.com/wifi](http://www.xfinity.com/wifi)

**Education companies offering free subscriptions:**

[https://docs.google.com/spreadsheets/u/1/d/1NUKLZN7hGSu1Hzm70kfzBKs-lsSELaEMggS6oBi2O2I/htmlview?usp=embed\\_facebook&fbclid=IwAR19JaQizC9Y1uN1adsMWq264RFsveBhc mraHHA VdQ3notBgbvXNDLZY9FU&sle=true&pru=AAABcPXq2w8\\*GA8Y8wJx34gi\\_saSMOp74w](https://docs.google.com/spreadsheets/u/1/d/1NUKLZN7hGSu1Hzm70kfzBKs-lsSELaEMggS6oBi2O2I/htmlview?usp=embed_facebook&fbclid=IwAR19JaQizC9Y1uN1adsMWq264RFsveBhc mraHHA VdQ3notBgbvXNDLZY9FU&sle=true&pru=AAABcPXq2w8*GA8Y8wJx34gi_saSMOp74w)

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<https://twitter.com/unsworth/status/1238289662352990210?s=12>

(UVA) **Food Pantry:**

Hours and location info: <https://pantryatuva.org/>

<https://twitter.com/ebrasac/status/1237932000587153410?s=12>

(UVA) **Emergency Travel Assistance:**

<https://sfs.virginia.edu/travelsupport>

## **HEALTH**

(UVA) **If you are feeling sick:** call Student Health first to determine a plan of care (434) 982-3915. Unless it is an emergency, do not go to the UVA Emergency Department.

**Coronavirus Resource Center:**

<https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center>

(UVA) **Sheila Johnson Center:**

<https://curry.virginia.edu/services-outreach/sheila-c-johnson-center/clinical-services/cognitive-behavioral-therapy>; contact at  
<https://curry.virginia.edu/services-outreach/sheila-c-johnson-center/staff-and-contact>

(UVA) ***Psychiatric Medicine at UVA Northridge:***

<https://uvahealth.com/locations/profile/psychiatric-medicine-northridge>

(UVA) ***Women's Center:***

<https://womenscenter.virginia.edu/new-clients>

Muslim woman counselor Aisha Saeed: [asl8z@virginia.edu](mailto:asl8z@virginia.edu)

(UVA) ***CAPS 24 hour - 434-243-5150:***

<https://www.studenthealth.virginia.edu/caps>

(UVA) ***Silver Cloud from Student Health - Stress/Anxiety:***

<https://www.studenthealth.virginia.edu/silvercloud>

(UVA) ***Rec Center Updates***

<https://recsports.virginia.edu/index#block-views-single-facility-view-block-9>

(UVA) ***Contemplative Sciences Center - Online Classes!:***

<https://csc.virginia.edu/news/programming-updates-%E2%80%94-covid-19>

## **ACADEMICS**

***Zoom Pro:***

[https://virginia.service-now.com/its?id=kb\\_article&sys\\_id=916c93a8db5eef40a6ddc1911596197d](https://virginia.service-now.com/its?id=kb_article&sys_id=916c93a8db5eef40a6ddc1911596197d)

***Finding books online:***

[link](#)

(UVA) ***UVA Library System COVID-19 Resource Page:***

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*Full VPN (requires installation):*

[https://virginia.service-now.com/its?id=itsweb\\_kb\\_article&sys\\_id=f24e5cdfdb3acb804f32fb671d9619d0](https://virginia.service-now.com/its?id=itsweb_kb_article&sys_id=f24e5cdfdb3acb804f32fb671d9619d0)

*Lite VPN (web only and it looks like you don't need to install anything):*

[https://virginia.service-now.com/its?id=itsweb\\_kb\\_article&sys\\_id=b8bd4aabdb6ddb004f32fb671d9619ad](https://virginia.service-now.com/its?id=itsweb_kb_article&sys_id=b8bd4aabdb6ddb004f32fb671d9619ad)

*If you need scholarly articles w/o a VPN, just put this before the link you need (will request NetBadge):*

<http://proxy01.its.virginia.edu/login?url=>

[https://virginia.service-now.com/its?id=itsweb\\_kb\\_article&sys\\_id=92a04c13db7ac744f032f1f51d9619a4](https://virginia.service-now.com/its?id=itsweb_kb_article&sys_id=92a04c13db7ac744f032f1f51d9619a4)

**Free Tutoring for PreMed students:**

[https://get.altiustestprep.com/altiushelps/?utm\\_campaign=COVID-19&utm\\_source=email&utm\\_medium=hs\\_blast&utm\\_term=main\\_lp](https://get.altiustestprep.com/altiushelps/?utm_campaign=COVID-19&utm_source=email&utm_medium=hs_blast&utm_term=main_lp)

**TRANSPORTATION**

**Uhaul - 30 Day Free Storage for College Students:**

<https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/>

**(UVA) University Transit System:**

<https://parking.virginia.edu/university-transit-service>

**Enterprise Car Rental - College Student Travel Assistance:**

<https://www.enterprise.com/en/car-rental/deals/young-driver.html>

**FOOD**

**(UVA) Dining Options:**

<https://virginia.campusdish.com/>

**(UVA) Food Pantry:**

Hours and location info: <https://pantryatuva.org/>

<https://twitter.com/ebrasac/status/1237932000587153410?s=12>