



PRAIRIE VIEW
A&M UNIVERSITY
Health Services

Happy
Thank
Giving



Holiday Care Guide

COVID-19 Edition

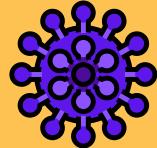


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Student Disability Services

Holiday COVID Student Care Plan

CONCERNs

Students' failure to adhere to CDC recommended regulations and guidelines to best manage the spread of COVID while they are out of school for the holiday break.

Students with preexisting health conditions that makes them vulnerable and increases their susceptibility of contracting COVID while living on campus.

Students experiencing mental health concerns with symptoms that are aided by the companion of an Emotional Support Animal.



SERVICES

For questions regarding academic support, students can contact the Office of Disability Services by calling 936-261-3583/85 or emailing disabilityservices@pvamu.edu.

Letter of Accommodation and Acknowledgement Form will be emailed to each Faculty member.

Acknowledgment Form will be completed and returned back to disabilityservices@pvamu.edu by student or Faculty member.

The student will be provided an email for Sonocent or Glean for note-taking assistance to upload to their electronic device.

Click on the following links below to obtain the desire tutoring needed for online tutoring and resources for the writing center.

Tutoring - <https://www.pvamu.edu/student-success/sass/university-tutoring-center/>

Grammar
<https://www.grammarly.com/enterprise/signup>

IDEAS

Students should practice CDC recommended regulations and guidelines; wearing face covering, practice social distancing, avoid social gathering of 10 or more people (indoors settings), wash hands, use hand sanitizer, remain at home as much as possible.

Students should consult with their health care provider during the holiday break to assess if their pre-existing health concerns makes them vulnerable and increase their susceptibility of contracting COVID while living on campus. This could potentially help with issues of prematurely leaving on campus housing.

Students who are experiencing mental health concerns with symptoms that are aided by the companion of an Emotional Support Animal (during this COVID period) Students should consult with their mental health care provider to secure proper and authentic justification to keep an animal in their dormitory room.



PRAIRIE VIEW
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Health Services



Current students residing on campus throughout the holiday break until January 2021 in need of food assistance need to be registered with the Hilltop Reserve.

Registration & food request for Thanksgiving break should be completed by **11/20/2020**
Pick-up by appointment **November 24, 2020**.

All students **MUST** register if they are first time users of the pantry.

1. **First-Time users** must complete the Hilltop Reserve intake (Must be current PVAMU student) **Hilltop Reserve Intake Link:**
https://pvamu.co1.qualtrics.com/jfe/form/SV_6nkPXLEJ4LoZxOt
2. Email Dr. Meaquell Lewis (Melewis@pvamu.edu) to complete the Houston Foodbank application & schedule pick-up.

Students residing in on-campus housing are encouraged to register for the
“Share the Holidays”

Link: https://pvamu.co1.qualtrics.com/jfe/form/SV_2ix0o7OMkz80N8x

Community News:

42nd Annual Super Feast

(Thursday 11/26/2020 & 12/25/2020)

Walk-Up or Drive-Up to receive a food basket for the Holiday Season.
(Groceries in the pre-packed boxes will include a frozen turkey, baked goods, canned goods, bread, and other non-perishable items).

No registration needed, simply walk-up/drive-up to receive your items.

Join in the [Annual 42nd Super Feast!](#)



Holiday TIPS:

Thanksgiving and COVID-19

Thanksgiving is a time for travel and family gatherings, all of which can increase the chance of spreading the COVID-19 virus. Staying home, having a small dinner with household residents, share a virtual dinner with others, or partake in activities at home with your family. For [more information](#) on low risk activities that can help you and your family stay safe and enjoy the holiday.

[Find a COVID-19 Testing Center Near You](#)

Use your zip code to find a COVID-19 testing facility near you. Changing times may call for more testing on an as needed basis. [Find the nearest location](#) to you and your family.



HoustonFirst.



Hilltop Reserve (ERC)

HOLIDAY CARE PLANS

COVID-19 Testing

Continue to mask up and limit your contact with others while at home.
COVID-19 testing available across Texas at a [Curative COVID Kiosk.](#)

For over the counter and prescription deliveries click below.

[Waller, TX Pharmacy](#)
[home deliveries](#)

Prescription Refills

24/7 Medical Care

Access to a medical professional anytime anywhere through iSelectMD

Register
Here



Campus
EMT Service
936-261-1375

Important Contacts

PROVIDING PANTHERS

CARE THROUGHOUT THE HOLIDAYS

Medical Services has you covered!



PRAIRIE VIEW
A&M UNIVERSITY
Health Services

Home for the Holidays

Eat a lot of P.I.E.S.

A simple way to mind your mental health. Add a slice of P.I.E.S. to your plate daily to keep your holidays bright



P



Get Physical

Stay active, get rest, eat healthy



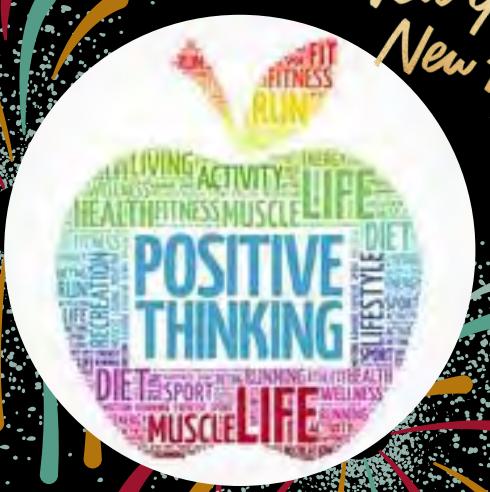
Learn

Intellectual



Stimulate your mind, learn something new, be creative.

6



Emotions

Be positive, set boundaries.

S



Spiritual Meditate, Practice breathing, relaxation, prayer



HOLIDAY



CARE PLAN

PVAMU STUDENT COUNSELING SERVICES

Crisis Counseling Available



Call 936-553-0990

Where to find services over
the holidays

Click To Find a Counselor

[Psychology Today](#)

[Therapy For Black Girls](#)

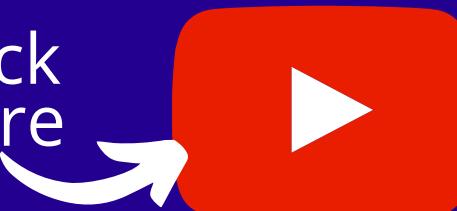
[Betterhelp.com](#)

[The Harris Center](#)

In Crisis Call
Texana 800-633-5686
National Suicide Lifeline
800-273-8255
SCS Crisis Line 936-553-0990
Go to nearest Emergency Room
PVAMU Police 4-911

Holiday Workshops On The Go

Click
Here



visit our website for more information

<https://www.pvamu.edu/healthservices/student-counseling->



**Stay
Connected
&
Informed**



Follow
our social media
for daily health
tips & program
information



**Become Team
SAFE Certified**
Register on website
Sexual Health
Education

24/7
Medical Care

iSelectMD
Get Well Soon.

Scan Here

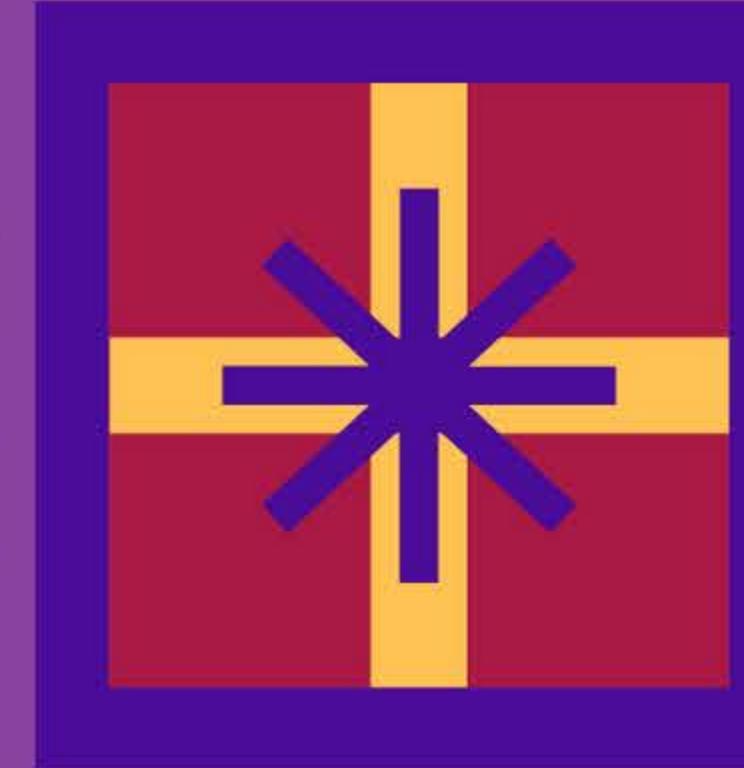


HOME FOR THE HOLIDAYS!

**HEALTH EDUCATION & PROMOTION
GOT YOU SOMETHING SPECIAL!**

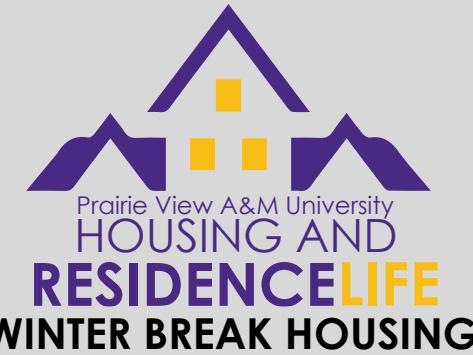


Look for our
Newsletter
and health
services mails
for health
updates



**PRAIRIE VIEW
A&M UNIVERSITY**
Health Services

We got you this card filled with warm
wishes for you. ***Stay Healthy Panthers***



General Closing & Re-opening Information

All residential communities will close for the Winter Break on **November 25th, 2020**. Follow all move out instructions to receive the \$300 housing credit and avoid additional fees or charges.

Make sure you take all valuables, medications, and personal items needed during the break home. Residents will not be permitted to return to their rooms until the spring.

The Residential Communities will reopen on **January 15th, 2021**. Residents should pay close attention to all communications about move in dates and times prior to returning to campus.

Dining Services will be unavailable until the spring 2021 semester.

Main Housing Operations

The H&RL Main Office and Residential Communities Business Offices will close with the university on the following dates:

November 26th & November 27th (Thanksgiving Holiday)

December 24th through January 1st
(Winter Break)

During business hours (Monday-Friday, 8AM-5PM) you may reach us at:

University Village: 936.261.5950
UnviersityVillagePV@americancampus.com

University College: 936.261.5990
UnviersityCollegePV@americancampus.com

University View: 936.261.3796
UnviersityViewPV@americancampus.com

University Square: 936.261.3781
UnviersitySquarePV@americancampus.com

H&RL Main Office: 936.261.2600
Housing@pvamu.edu

Winter Break Housing Nov. 26th to Jan. 14th

Residents must apply for break housing before the deadline— University College (Nov. 12th) & the other residential communities (Nov. 20th). Priority consideration will be given to students living abroad or out-of-state (not boarding Texas), those who are part of a special population, identify as a “ward of the state,” and have other extenuating circumstances.

Residents approved for break housing

- Agree to follow all H&RL and university policies and procedures, including COVID-19 safety guidelines and “no visitation”. Failure to adhere to these requirements may jeopardize your break and spring semester housing.
- Understand that resources will be limited or unavailable during their break-housing stay.
- Have a detailed isolation/quarantine plan.

Residential Community Contacts During the Break

SQUARE: 979-221-9675

VIEW I: 936-264-6725

VIEW II: 936-221-5591

VILLAGE I: 979-221-4405

VILLAGE II: 979-221-4406

VILLAGE III/VI: 979-221-4310

COLLEGE: 979-221-8875

UPD (Emergencies): 936-261-4911 or 4911 from a university phone line

RSVP Holiday Resources for Relationship and Sexual Violence

If you are in immediate danger call **911**. If you are on campus call the University Police Department at 936-261-1375

All students of PVAMU may call the **RSVP Hotline 832-853-5288** if you need assistance, if you have questions, concerns, safety plans, protective orders, shelter, and etc.

Local Resources

Dating/Domestic Violence/Sexual Assault/Shelter

Focusing Families

Hempstead, Texas

Free Hotline: 1-877-237-2339

National Resources

National Domestic Violence Hotline

1-800-799-7233

TTY 1-800-787-3224

Teen Dating Violence

Text 'LOVEIS' or call 1-866-331.9474

1-800-787-3224

Sexual Assault National Resource

RAINN (Rape, Abuse, Incest National Hotline)

1-800-656-4673

Houston Area Resources

Houston Area Women's Center

Domestic and Dating Violence/Sexual Assault/Shelter

Domestic/Dating Hotline- 713-528-2121

Sexual Assault Hotline- 713-528-7273

The Bridge Over Troubled Water, Inc.-Pasadena, Texas

Domestic and Dating Violence/Sexual Assault/Shelter

Hotline-713-473-2801

Family Time Counseling Center-Humble, Texas

Domestic and Dating Violence/Sexual Assault/Shelter

Hotline: 281-446-2615

Montgomery County Women's Center- Conroe, Texas

Domestic/Dating Violence/Sexual Assault/Shelter/ Housing

Hotline: 936-441-7273

Montrose Center-LGBTQA

713-529-0037

Dallas Area Resources

Dallas Area Resources- Dallas, Texas

Sexual Assault

Hotline: 972-641-7273

The Turning Point-Plano, Texas

Sexual Assault

Hotline: 1-800-886-7273

Genesis Women's Shelter and Support- Dallas, Texas

Domestic/Dating Violence

Hotline: 214-946-4357

Family Place- Dallas, Texas

Family Violence

Hotline: 214-941-1991



Name:

Student ID:

Best way to contact:

On-campus or Off-campus address:

Hometown:

Emergency Contact Name & Phone Number:

Note special categories:

<input type="checkbox"/> Undergraduate	<input type="checkbox"/> Graduate
<input type="checkbox"/> International Student	<input type="checkbox"/> Nursing Student
<input type="checkbox"/> Student Athlete	<input type="checkbox"/> Northwest Campus

Reviewing their Plan/Planning for Isolation and Quarantine

Students who reside on campus are given the option to quarantine/isolate on campus or at home. Students are encouraged to stay on campus due to the risk of exposing family members and others to the virus if they choose to leave campus.

STOP & DISCUSS: Have you and your family discussed what your plans would be if you needed to quarantine or isolate?

If the student plans to go home:

- Wear a mask around family at all times.
- Use a separate restroom and bedroom, if possible.
- Do not eat communal meals with the rest of the people in your family.
- Wash your hands frequently and regularly wipe down commonly touched areas.

On-campus COVID-19 Isolation/Quarantine Student Plan Preparation:

- Who will deliver your food while in isolation? _____
- Do you have over-the-counter medication to help you should you develop symptoms?
 - Cough drops & cough medicine _____
 - Kleenex/Tissue _____
 - Fever-reducing agent _____
 - Water & Gatorade _____
- Have you identified a local hospital should you need emergency medical care?

During the holiday break, limited isolation/quarantine support will be available on campus so please plan appropriately.



COVID-19 CARE PLAN

Important to Know

Testing Availability Curative Kiosk Monday – Friday 8am – 5pm

Closed Thanksgiving Eve 2pm, Thanksgiving Day, Christmas Eve 2pm, Christmas Day

For Emergency Medical Care – Call 936-261-1375 on campus and 911 Off Campus

PVAMU COVID Website: www.pvamu.edu/coronavirus

To schedule your COVID Clearance Appointment, call 936-261-1410.

MEDICAL SERVICES OPERATIONS QUICK GUIDE

Telehealth Medical Appointments

Clinic is only open for Telehealth Visits.

Call 936-261-1410

OR

Register Online Using:

<https://mhealthiselectmd.com/PrairieView.html>

Urgent Care Needs

Call 936-261-1375

Please be advised any transport to an off-campus medical facility is at the expense of the student. The university does NOT cover the cost of any ambulance transport off-campus.

Local Urgent Care Facilities:

No relationship exists between any facility listed below the information is provided as a courtesy only.

Next Level Urgent Care, Cypress, TX

281-783-8162

Excel Urgent Care, Cypress, TX

281-377-8664

AFC Urgent Care Cypress, Cypress, TX

281-990-6890

Local Hospital

Memorial Hermann Cypress

346-231-4000

COVID HOTLINE OPERATION

936-261-9000

Until November 23, 2020

Monday – Friday 8am – 5pm

Saturday & Sunday 8am-12pm

December 7, 2020 – January 11, 2021

Monday – Friday 8am – 3pm

Saturday 8am-12pm

Sunday CLOSED

CLOSED 11/26, 12/24, 12/25 & 12/31

Students & Employees MUST call the Hotline to report:

1. A positive COVID-19 test result
2. Contact with a person who has a confirmed positive COVID-19

Hilltop Reserve

Holiday Food Pick-Up Schedule

Before Thanksgiving November 24, 2020

After Thanksgiving

December 14, 15, 2020

January 5, 2021

Student Counseling Services

Crisis Line 936-553-0990

Relationship & Sexual Violence Hotline

832-853-5288