

COMPREHENDING COVID

A TRI-BETA PANDEMIC NEWSLETTER

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A LETTER FROM OUR EDITORS

Hello TCNJ Community,

As TCNJ's Beta Beta Beta (Tri-Beta) National Biological Honor Society, we would like to present to you the first of a six-part newsletter series focused on helping our TCNJ community understand the COVID-19 pandemic and adapt to the various changes we have experienced in our personal lives, in school, and in society as a whole. Through this series of newsletters, we hope to provide you with reliable resources on the evolving nature of the COVID-19 pandemic, important information on the impact of the pandemic, and valuable suggestions that may help TCNJ community members in navigating these new changes.

Sincerely,
Tri-Beta National Biological Honor Society



OUR NEWSLETTER SERIES

THE NEWSLETTERS IN THIS SERIES WILL COVER A VARIETY OF TOPICS, INCLUDING...

- THE IMPORTANCE OF MASK WEARING
- THE IMPACT OF THE PANDEMIC ON MENTAL HEALTH
- COVID-19 MYTH BUSTING
- WAYS TO STAY VIRTUALLY CONNECTED DURING THE PANDEMIC
- THE IMPACT OF THE PANDEMIC ON COLLEGE STUDENTS

IN A TIME OF GREAT UNCERTAINTY, WE FIND IT IMPORTANT TO PROVIDE TCNJ'S COMMUNITY WITH USEFUL INFORMATION ON THESE IMPORTANT TOPICS. OUR NEWSLETTERS WILL BE RELEASED EVERY TWO WEEKS THROUGHOUT THE FALL 2020 SEMESTER. THE NEXT NEWSLETTER, FOCUSING ON THE IMPORTANCE OF MASK WEARING, WILL BE RELEASED ON MONDAY, SEPTEMBER 28TH.

WE LOOK FORWARD TO RELEASING THE REST OF OUR PANDEMIC NEWSLETTER SERIES AND HOPE THAT THESE NEWSLETTERS WILL CONTINUE TO SUPPORT OUR CAMPUS COMMUNITY THROUGHOUT THE FALL SEMESTER. TO ACCESS OUR FUTURE NEWSLETTERS, VISIT THE "COMPREHENDING COVID: A TRI-BETA PANDEMIC NEWSLETTER" TAB ON OUR WEBSITE:

Comprehending COVID: A Tri-Beta Pandemic Newsletter

Chi Upsilon Chapter

 Beta Beta Beta





SIMPLE STEPS TO STOP THE SPREAD

As always, we encourage everyone to continue to wear their mask and social distance in an effort to protect the health of themselves and those around them. We all play a role in limiting the spread of COVID-19, while protecting the lives of those at higher risk. Slowing down and preventing the spread of COVID-19 will save lives.

- **It is vital that we all take the necessary steps to stop the spread of COVID-19, through simple steps like...**
- • Washing your hands often
- • Social distancing at least 6 feet away from other people
- • Covering your mouth and nose with a mask
- • Covering your coughs and sneezes
- • Cleaning and disinfect commonly used surfaces
- • Monitoring your daily health (which can easily be done through the TCNJ Roar App Daily Self-Checkup)





HELPFUL LINKS AND RESOURCES

AS YOU WAIT FOR THE RELEASE OF OUR NEXT NEWSLETTER, PLEASE CONTINUE TO STAY UPDATED ON NEW JERSEY'S COVID-RELATED INFORMATION AND REGULATIONS AT [HTTPS://COVID19.NJ.GOV](https://COVID19.NJ.GOV). INDIVIDUALS WHO WOULD LIKE TO LEARN MORE ABOUT COVID-19 CAN ALSO ACCESS A VARIETY OF RELIABLE RESOURCES GATHERED BY THE TCNJ R. BARBARA GITENSTEIN LIBRARY ([HTTPS://LIBGUIDES.TCNJ.EDU/COVID19INFO](https://LIBGUIDES.TCNJ.EDU/COVID19INFO)).

WE ALSO RECOMMEND THAT MEMBERS OF TCNJ'S COMMUNITY LEARN ABOUT AND UTILIZE THE VARIOUS SUPPORT SERVICES PROVIDED BY TCNJ. BELOW IS A LIST OF JUST SOME OF THE AMAZING RESOURCES WE HAVE THROUGH TCNJ.

[COVID-19 CAREER RESOURCES](#)

[COVID-19 IT RESOURCES](#)

[MENTAL HEALTH SERVICES](#)

[VIRTUAL RECREATION AND WELLNESS](#)

[CENTER FOR INTEGRATIVE WELLNESS](#)

[ANTI-VIOLENCE INITIATIVES](#)

[TCNJ CARES](#)

[TCNJ CAMPUS WELL](#)

