# Show Me Renewal Talking Points Spring 2022 Semester

*Tip: More answers can be found at*[*renewal.missouri.edu*](about:blankrenewal.missouri.edu)*as we consistently update the site with the latest CDC guidance and campus updates. It is an invaluable resource and great place to direct students and families who have questions.*

**What is the university doing while COVID-19 cases are rising?**

We are asking everyone to do their part to help mitigate the spread of COVID-19.

The university continues to work with local health officials and our experts at MU Health Care as we monitor cases at the university and navigate the pandemic. As the semester begins, we are taking the following actions:

1. Offering COVID-19 testing and free vaccinations for students. Students can schedule vaccine and testing appointments by calling the Student Health Center at 573-882-7481. We are also hosting multiple walk-in clinics at the first weeks the semester, which can be found at [renewal.missouri.edu/vaccine](https://renewal.missouri.edu/vaccine/). (The best protection against the virus remains vaccination, including getting a booster shot.)
2. Asking everyone to wear [a quality, well-fitting mask](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fyour-health%2Feffective-masks.html&data=04%7C01%7Cricesm%40missouri.edu%7C8fb0166f3f94410f87f408d9d60e4d41%7Ce3fefdbef7e9401ba51a355e01b05a89%7C0%7C0%7C637776179179046638%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=aSmGaVJlMHfdKwk9J89KCWNoHo74IqNXXofHyouGi%2BI%3D&reserved=0) while indoors or in crowded outdoor settings.
3. Urging all students, faculty, and staff to stay home if sick, even if symptoms are mild.

**A student tests positive for COVID-19. What do they do?**

The first thing you should do is isolate yourself from others. Once isolated, you will need to [report your positive test](https://renewal.missouri.edu/) to the university. The durations of your isolation will be determined by your case investigator. Details on quarantine and isolation can be found here: <https://renewal.missouri.edu/quarantine-and-isolation/>

If you need assistance finding resources, contact the Care Team via email at [careteam@missouri.edu](mailto:careteam@missouri.edu).

During this time, take care of yourself. Drink plenty of water and get enough sleep.

**What happens when a student self-reports a positive test?**

Reporting a positive COVID-19 test triggers a process for instructors to be notified and helps you access things you may need while in isolation, such as help with academic arrangements and information about resources.

**What if a student needs help navigating academics while sick?**

The first step for students is to contact their instructor. If they are struggling to contact them, we recommend reaching out to the department chair for additional assistance. If they still need help, reach out to [muvcsa@missouri.edu](mailto:muvcsa@missouri.edu).

**How can students get tested?**

Students should call the Student Health Center at 573-882-7481 to set up an appointment time. Testing is scheduled by time to allow for social distancing and help prevent disease spread.  Results are typically available within 24-48 hours.  Please visit <https://renewal.missouri.edu/testing/> for additional testing options in Columbia.

**Is the university providing free KN95 masks?**

The Mizzou Store has limited numbers of KN95 masks available free for in-store pickup while supplies last. Having a quality, well-fitting mask that fits snugly over the nose, mouth and chin helps reduce disease transmission. Layering cloth masks over a disposable mask also works. More info can be found [on the CDC website](https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html).

**A student’s roommate/friend/classmate tested positive. What should they do?**

Being a close contact doesn’t necessarily mean you’ll become infected with COVID-19. Regardless, people who are identified as close contacts should follow [CDC recommendations](https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html)to protect themselves and others from COVID-19. Recommendations for quarantine and testing after exposure to COVID-19 will vary depending on vaccination status and history of prior COVID-19 diagnosis within the past 90 days. Students with questions can always call the Student Health Center at 573-882-7481.

**Note:** Residential Life requires a 10-day isolation before a student is allowed to return to their residence hall assignment, or within any Residential Life facility. For more information, visit the [Show Me Renewal website](https://renewal.missouri.edu/plan/housing/).