

# INTERNATIONAL STUDENTS'



## PREPAREDNESS KIT



International  
Services Office



International Student  
Community Ambassadors





Dear International Students & Scholars,

In light of the recent updates and the constantly evolving COVID-19 situation, International Student Community Ambassadors (ISCA) have carefully crafted this "Preparedness Kit" for the benefit of all international students & scholars. The "Preparedness Kit" was designed to provide resources, guidance, and support during this time. We urge you to continue to show love, respect & support for one another.

Sincerely,

The International Services Office



International  
Services Office



International Student  
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# TIP #1

## PURCHASE NECESSITIES

\* we understand that this is a stressful time .  
Please **DO NOT PANIC**. We encourage you to avoid  
panic buying and stick to purchasing moderate amounts  
of necessities.



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# HEALTH & WELLNESS

## Vitamins & Medications

At least 30-day supply, including over-the-counter

Pain  
relievers



cough



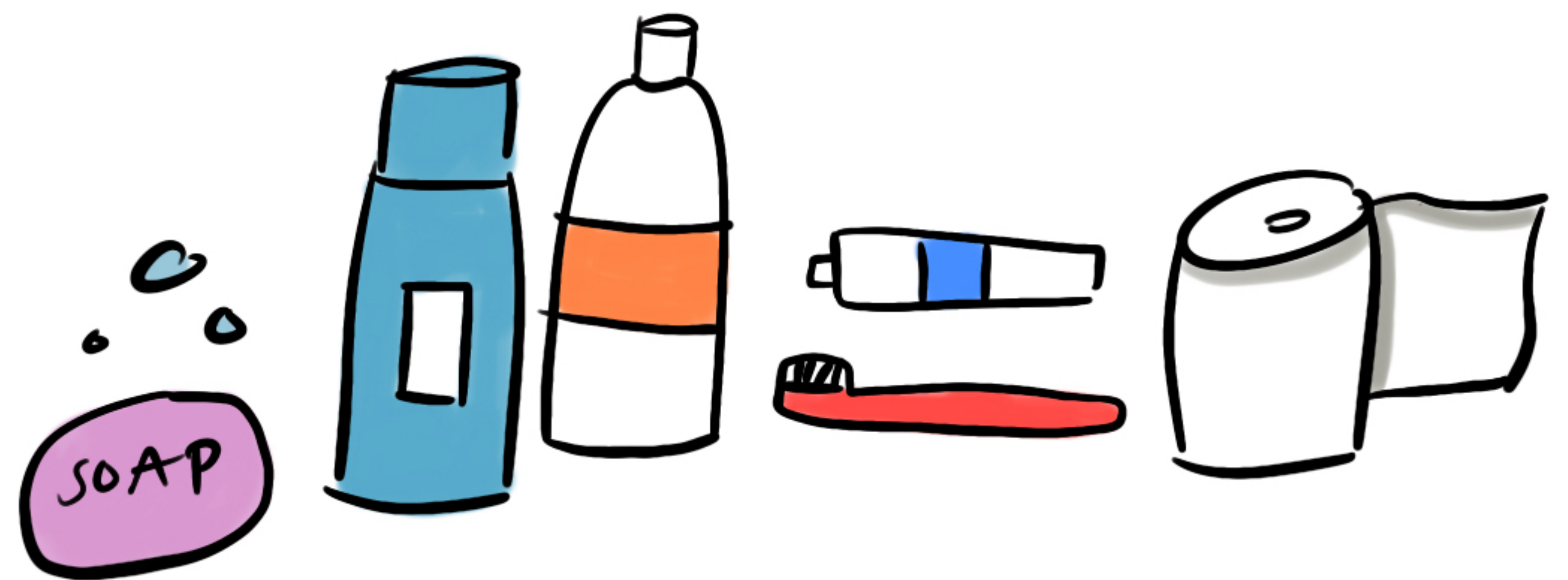
cold





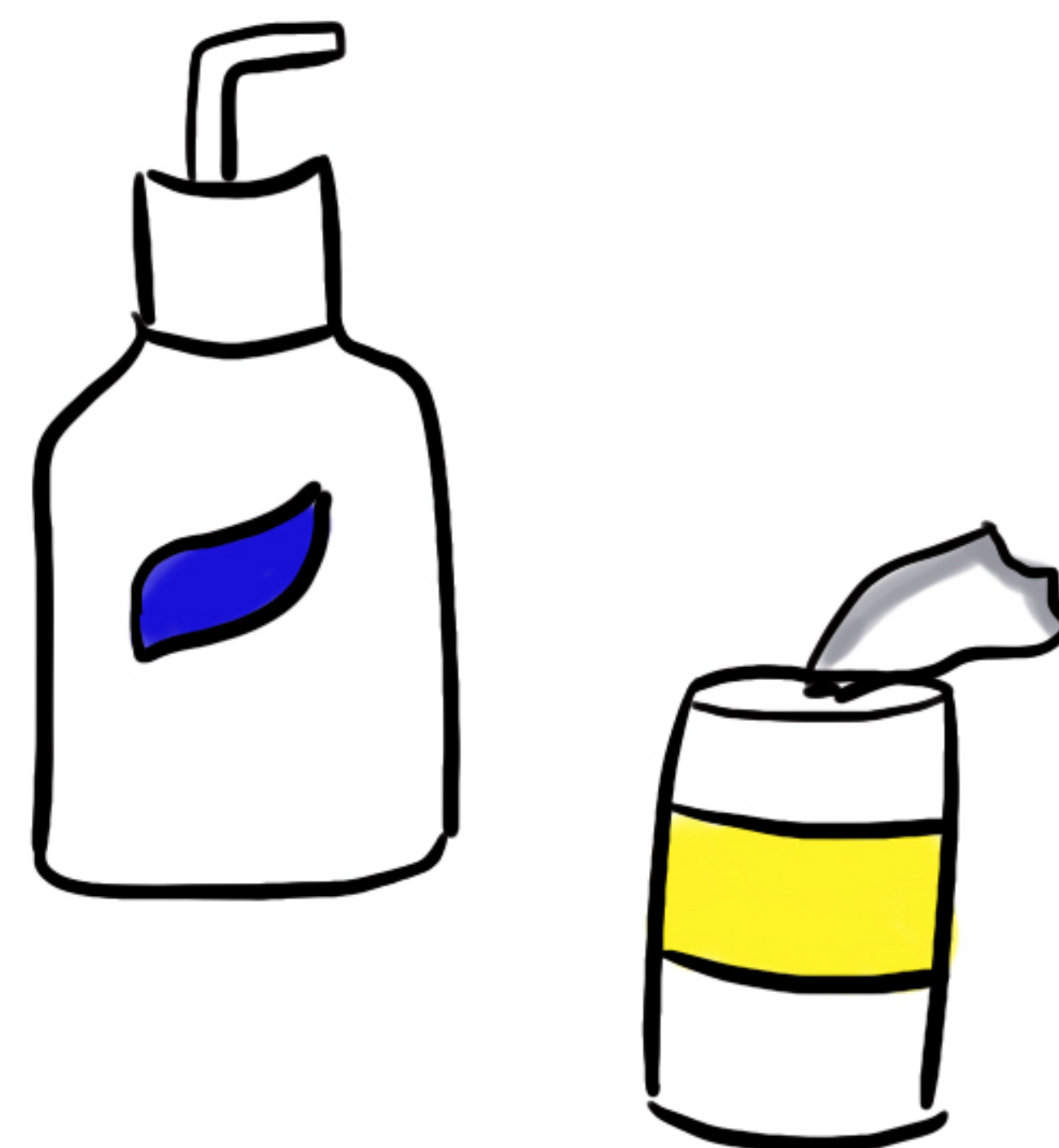
# TOILETRIES

- Toilet paper
- body wash
- Shampoo / conditioner
- toothpaste
- skin care essentials
- Feminine hygiene products



# PERSONAL HYGIENE

- Portable hand sanitizer
- anti-bacterial wipes
- hand soap

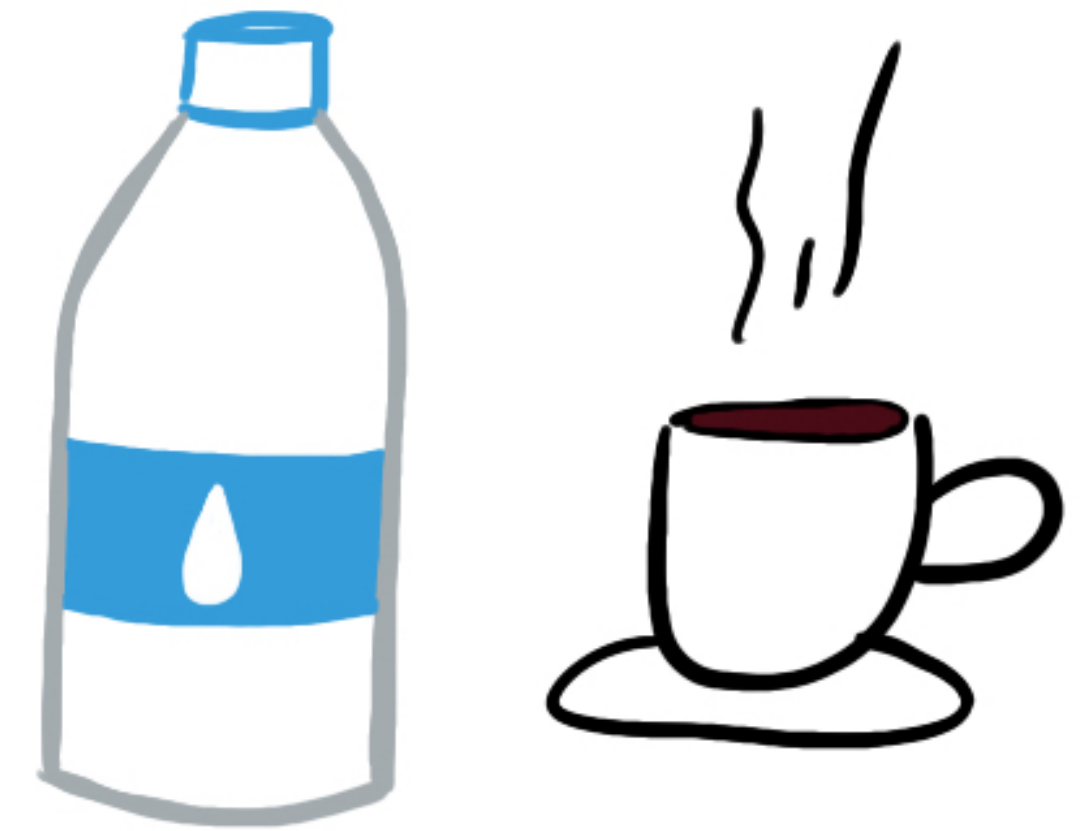


\* in case of an emergency  
have your health records  
ready & prescription delivery  
for back up



# FOOD

- **LIQUIDS**  
at least 2-week supply of water,  
low-sugar electrolytes, coffee, tea
- **DRIED FOODS**  
Beans, rice, oatmeal, pasta, fruit,  
nuts, seeds
- **CANNED FOODS**  
Fruit, vegetables, soup, stew
- **FROZEN FOODS**  
Precooked meals, veggies, fruit, chicken,  
beef, fish
- **SNACKS & SPREADS**  
snacks that have longer shelf lives,  
jam, peanut butter, fruit purees
- **CLEANING SUPPLIES**  
All-purpose cleaning spray, disinfectant  
wipes, dish soap and sponges, paper towels





## TIP #2

# HAVE FUN!

IF YOU are sick, quarantined, or in isolation, here are activities to do to make the most of your time at home.



International  
Services Office



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# 1. SKILL-UP: LEARN A NEW SKILL



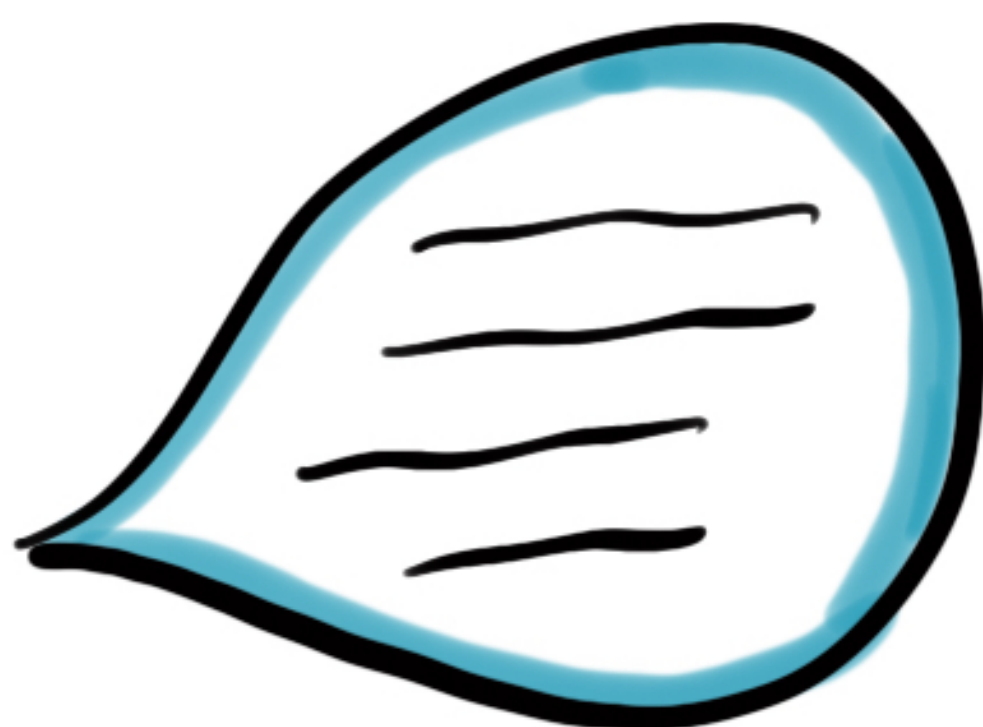
COOK



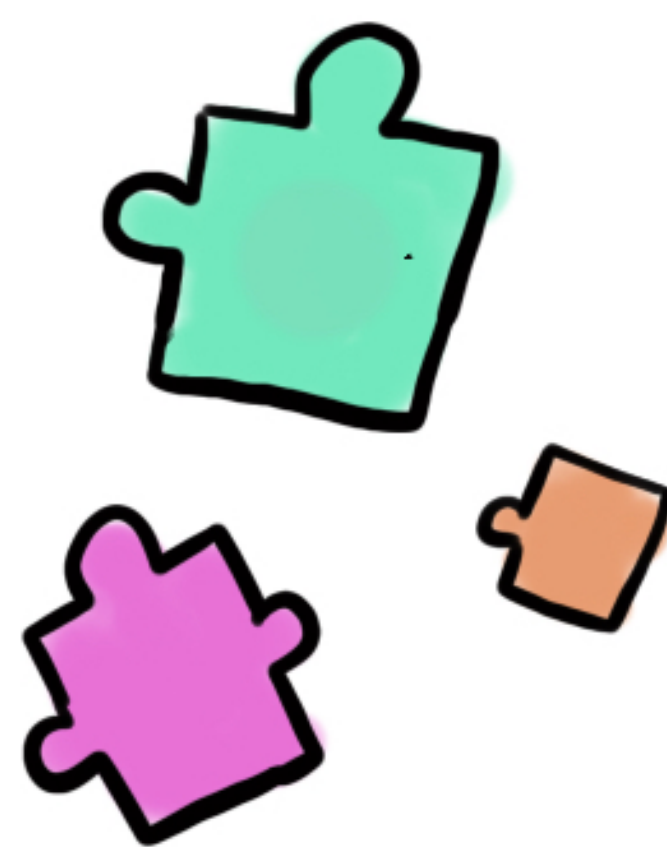
Paint



Play an instrument



Learn a new language



challenge yourself



start a sketchbook



## 2. Keep-Up



NEW music

- Happy (Pharell Williams)
- 24K magic (Bruno Mars)
- I Gotta Feeling  
(Black Eyed Peas)
- Can't stop the Feeling  
(Justin Timberlake)



watch movies/  
series

### Movies:

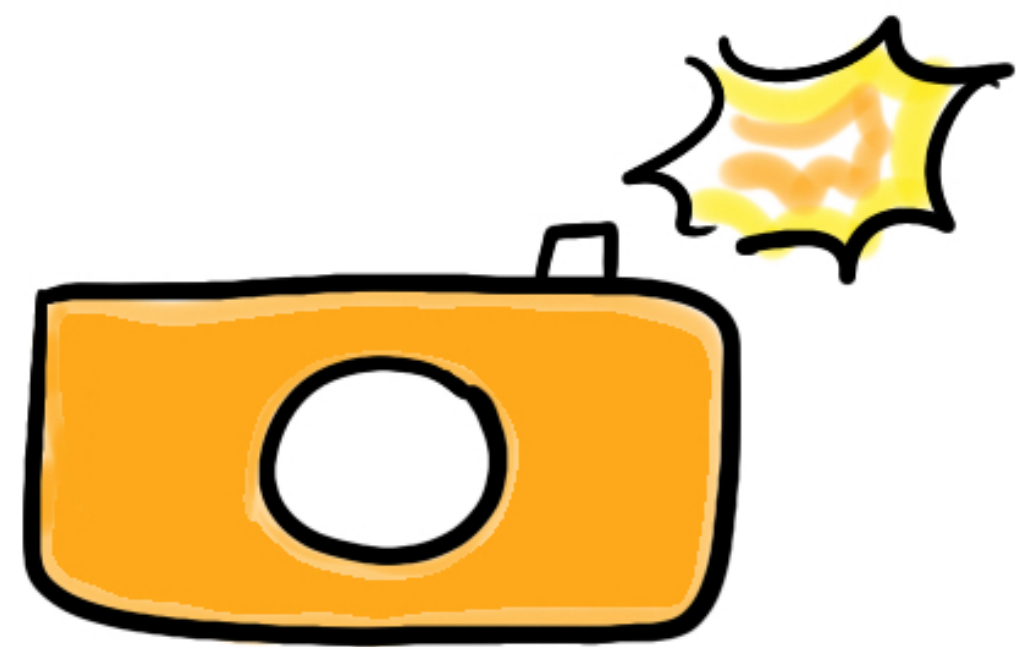
- Inside out
- Star Wars
- Toy story
- Ground hog
- E.T
- Home Alone
- Mrs. Doubtfire

### TV. Series

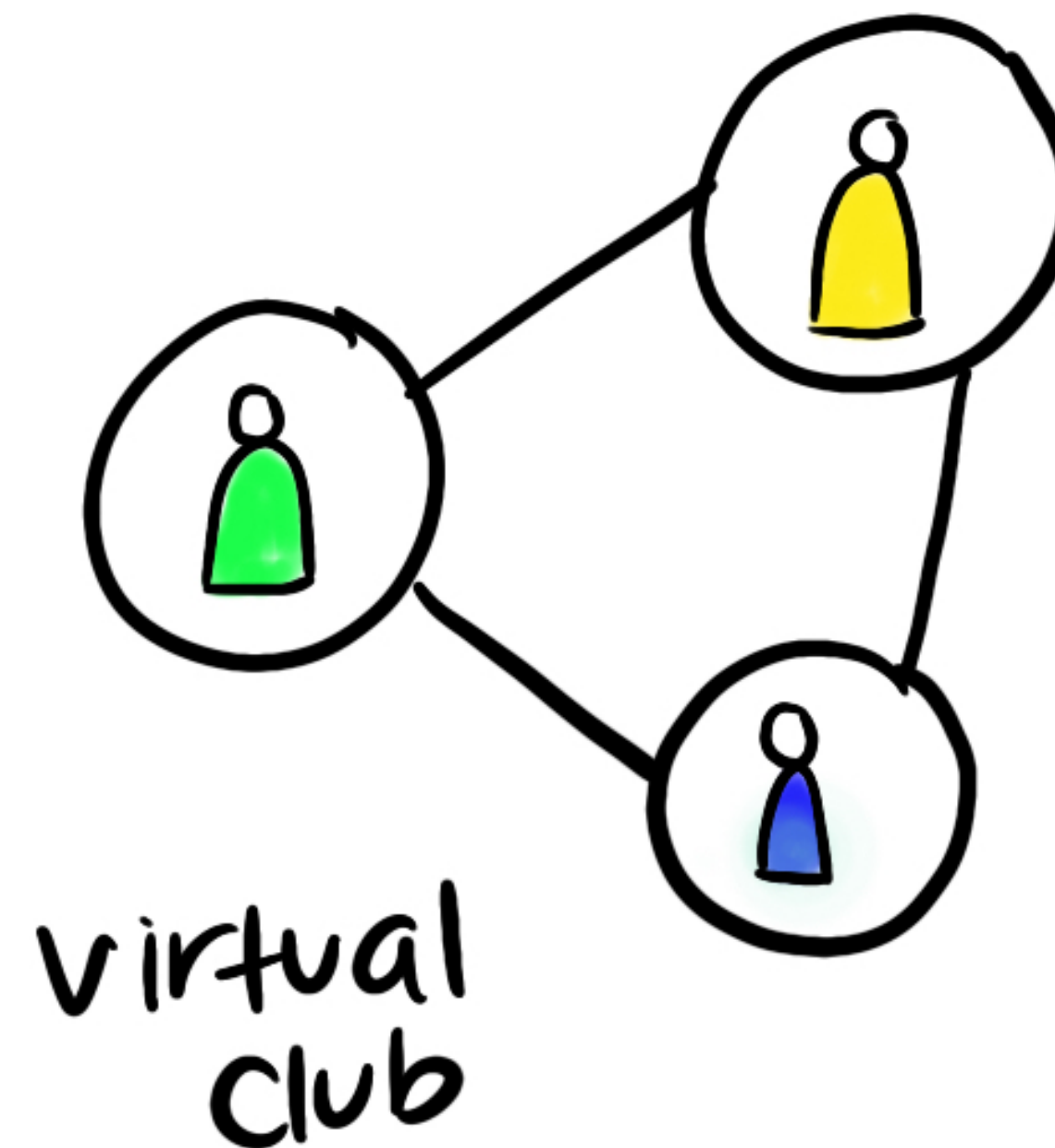
- FRIENDS
- Seinfeld
- How I met your Mother
- Stranger Things
- The Office (U.S)



### 3. Start - up



Blog/Vlog



### 4. Clear - Up



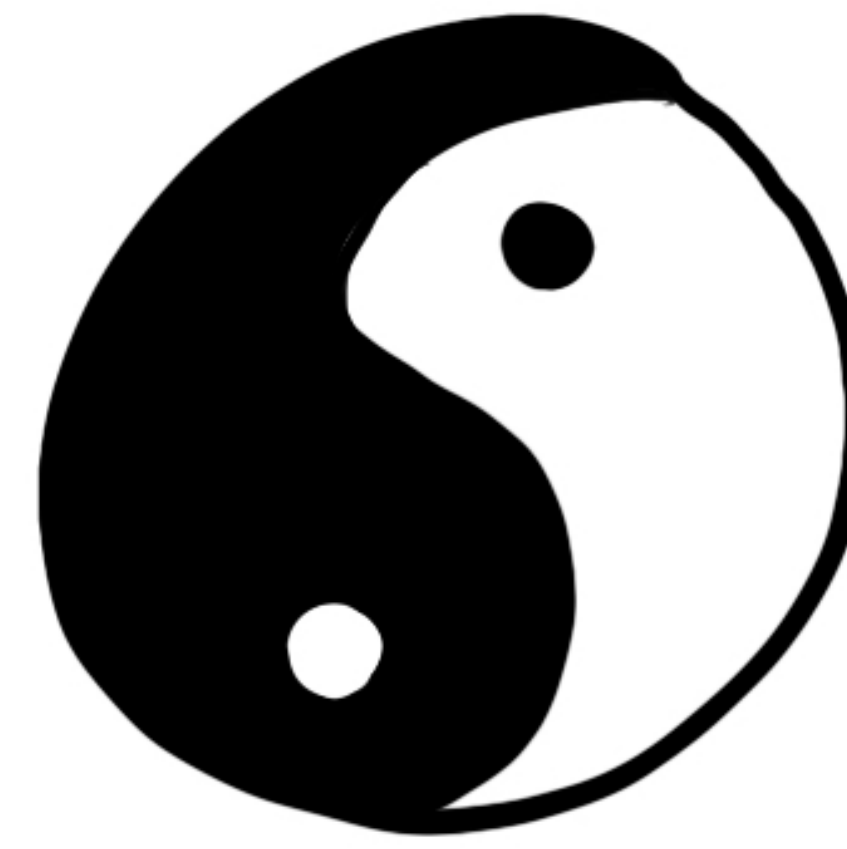
- Spring cleaning
- Re decorate your room
- Organize your collections
  - books, CDs, records



## 5. FRESH-UP



home  
workout  
routine

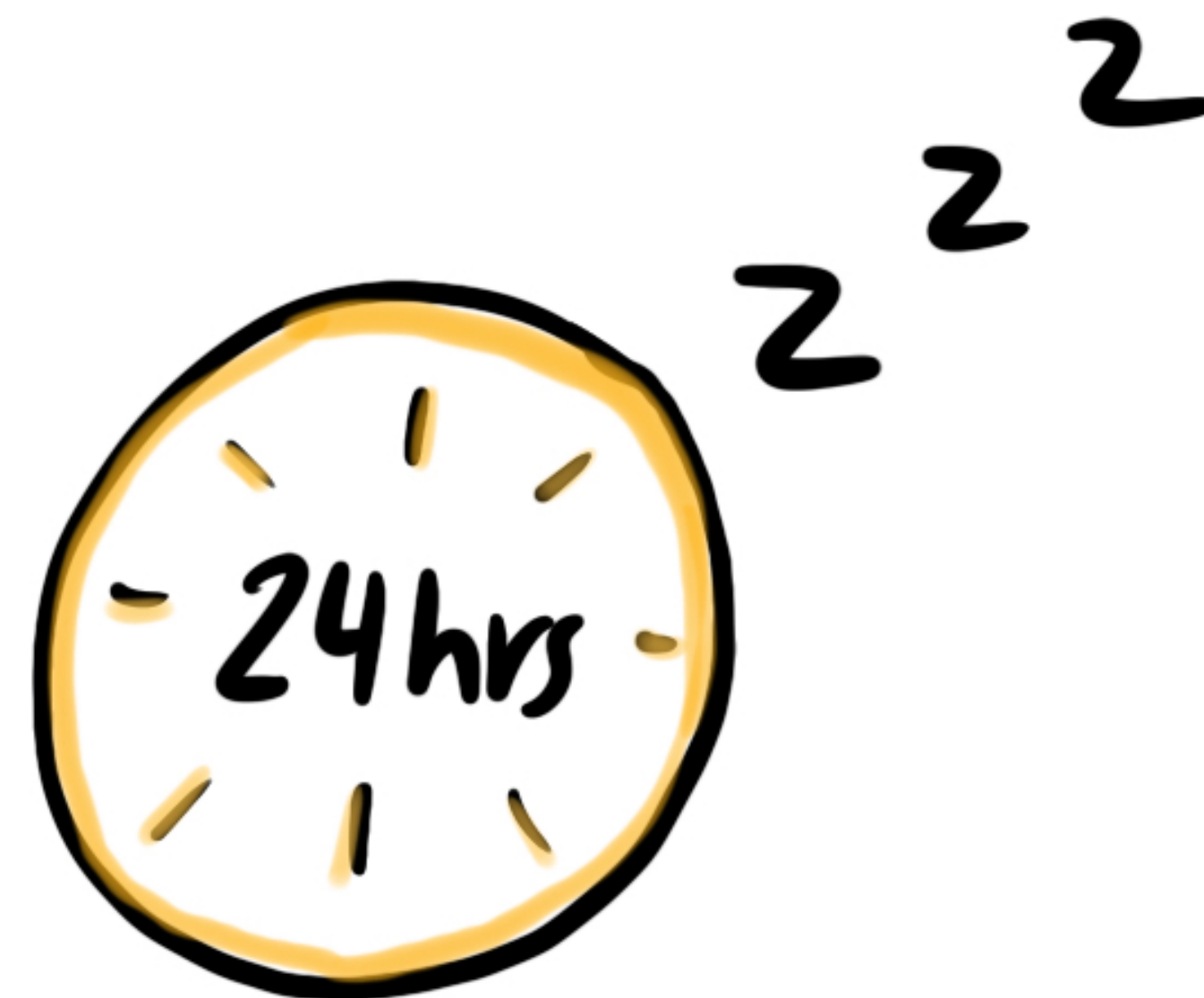


Find  
your  
zen  
(meditation)

## 6. CATCH-UP



- phone or video call friends and family
- Stay connected: Instagram, Facebook, etc.



- Get some much needed sleep



**TIP #3**

**BE  
KIND**



When a friend or family member is sick, we understand it is difficult to give close support in the current climate. It is important to put your health first during this process. However, there are a few things you can do to show love and support to your friends and family:

### **Pay attention and be a good listener**

Encourage positive activities (movies, novels, games, etc.)

Make sure they rest in a quiet, comfortable spot with access to fresh air

Give them liquids, like water and herbal tea

Prepare comfort food for them

We understand that dealing with the outbreak of a disease is a stressful time that causes fear and anxiety. We ask that you make a conscious effort to [educate yourself](#) about the facts and show kindness to one another, especially members of our international community. If you are concerned about a friend or roommate's health and wellbeing, please submit a [care report](#).



TIP #4

CONNECT  
WITH  
ISO & ISCA,



The ISCA's are here to help and support you during this time. If you need someone to talk to or share your concerns with, you can book a virtual appointment with the ISCA's!

We also encourage you to connect with us on social media to keep up with the latest news from the ISO!

ISO: [Facebook](#) | [Instagram](#) | [Twitter](#)

ISCA: [Facebook](#) | [Instagram](#)



**TIP #5**

**STAY  
INFORMED**



## What is COVID-19?

The COVID-19 is a new strain of coronavirus that has not been seen in humans ever before. On February 11, 2020 the World Health Organization (WHO) officially named the disease 'Coronavirus disease 2019', abbreviated as COVID-19 where, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease.

## How Does COVID-19 Spread?

While the disease is still under investigation, it is believed that COVID-19 primarily [spreads](#) by droplets that are expelled when an infected person coughs or sneezes. These droplets could either be inhaled by someone up to 6 feet away or could contaminate nearby objects, which in turn put people at risk of ingesting the virus when they touch such surfaces and subsequently touch their mouth, eyes, or nose. The disease can similarly spread by direct contact with the contaminated personal items of an infected person.

## What are the Symptoms of COVID-19?

Ongoing research shows that people are thought to be most contagious when they are most [symptomatic](#) (the sickest). The virus primarily targets a person's lower respiratory system, causing deep coughs, shortness of breath, fever, and a general feeling of malaise. Symptoms include fever, cough or sore throat, headache, runny nose, muscle pain, and shortness of breath.

## How Do You Prevent the Spread of COVID-19?

While COVID-19's global fatality rate has been estimated at nearly 3.5%, it could be much less deadly if necessary [precautions](#) are taken. These encompass following the basic hygiene and sanitary norms of frequent hand washing for 20 seconds (approximately how long it takes to sing the 'Baby Shark' song), covering your nose and mouth when you cough or sneeze, and abiding by the latest protocols set by the [Centers for Disease Control and Prevention \(CDC\)](#).



## What Does Quarantine/Self-Quarantine Mean and Why is it Important?

In their efforts to aggressively contain the global spread of the virus, health organizations worldwide have recommended people potentially exposed to the virus to [quarantine](#) themselves for two weeks and pay close attention to their health, since the [incubation](#) period for COVID-19 is from 2 to 14 days, with most people becoming symptomatic in five days.

## What Do You Do if You Feel Sick?

It is time to adopt the “All Community Approach” in tackling this pandemic. If you feel sick and suspect that you are infected with the virus, please contact the Colonial Health Center at 202-994-5300. Students, staff and faculty who are ill - no matter the cause - are encouraged to stay home and to communicate by phone or email to relevant parties (professors, supervisor, etc.) to let them know they are sick. If you live on the Mount Vernon campus and you are feeling ill, call the Colonial Health Center at 202-994-5300 and they will provide further direction.

## Travel Plans?

GW has suspended all upcoming non-essential, GW-affiliated international travel for students, faculty and staff. This includes future group trips, spring break programs and individual travel. It also includes requests for approval of future international travel and remains in place until July 1.

ISO strongly recommends that students avoid all non-essential travel at this time especially to countries impacted by the U.S. COVID-19 travel restrictions (per [Presidential Proclamation](#)). As the travel restrictions are indefinite and additional countries may be added at any given moment, it is important to note that traveling may be risky. You should understand the risks involved, and be advised that you may not be able to return to the U.S. for an unknown period of time, which may affect your studies.

In addition, personal travel to any international destination should anticipate possible constraints when re-entering the U.S. and returning to campus. **As of this week, GW community members returning from CDC-designated Level 3 (Avoid Non-Essential Travel) countries, which comprise China, Iran, Italy and South Korea, will be required to self-isolate off campus for 14 days.**

Students and their families should make their own decisions about personal travel. Please refer to [ISO's COVID-19 Information page](#) for more information and resources available to the GW international community.



## **How Do I Stay Informed?**

With the onslaught of news and information on the global pandemic, it can be challenging to know where to turn for reliable, up-to-date information. To help you better assess the news surrounding the virus, we have listed the top choice of go-to resources. It is important to remember that COVID-19 isn't connected to race, ethnicity, or nationality. Stigma will not help fight the illness. Sharing accurate information from trusted sources is critical to reduce misinformation. Reliable and current information about the outbreak from local, state, and national agencies can be found on the websites listed below:

### **[Centers for Disease Control and Prevention \(CDC\)](#)**

The CDC provides comprehensive information and live updates about the spread and containment efforts in the U.S. It also provides recommended plans of action tailored to different population groups to safeguard oneself from falling prey to this new virus.

### **[World Health Organization \(WHO\)](#)**

The WHO provides a global perspective of the virus in real-time (directly from experts) as well as basic preventative measures and resources to protect yourself.

### **[DC Health Advisory](#)**

This website provides COVID-19 information specific to the District of Columbia metropolitan area.

### **[GW Campus Advisories](#)**

This is GW's official COVID-19 website. We encourage you to regularly check this website for important updates for the GW community.

### **[International Services Office \(ISO\) COVID-19 Webpage](#)**

The ISO is actively monitoring the COVID-19 outbreak and will continue to provide guidance to all international students and scholars.