
Fwd: [OISS] COVID-19 Updates & Resources for the International Community

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UC SANTA BARBARA

Office of International Students & Scholars

A Message From The Director

Dear OISS Community,

In light of the rapidly changing impacts of COVID-19 on the global community, I wanted to reach out to you with important information, resources and reminders. There is currently an abundance of misinformation being spread regarding the virus. This newsletter provides the latest and most pertinent information, including:

- [Campus Resources](#)
- [List of Trustworthy Sources](#)
- [Health Reminders](#)
- [Travel Restrictions & Advisories](#)
- [Spring Break & Winter 2020 Graduation Reminders](#)

We are closely monitoring the situation and will continue updating our [COVID-19 \(Coronavirus\) Information & Resources](#) page. The UCSB campus has also recently launched its [COVID-19 information page](#). We understand the added stress and anxiety this may be causing. **We encourage you to stay informed using the resources our team has provided in this newsletter** when making your own arrangements.

If you are ever in doubt, do not hesitate to reach out to OISS to seek guidance from our team of dedicated advisors. Our doors are always open to you - we're here, please come talk to us.

In Solidarity,
Simran Singh

OISS Director

Campus Community Support

If you are experiencing any impact caused by COVID-19, please contact OISS. We have been working closely with campus departments to provide reasonable accommodations. We're here. Come talk to us.

OISS Advising Walk-in Hours:

Mondays, Tuesdays, Thursdays and Fridays
10 am to 12 pm and 1 pm to 4 pm.
Student Resource Building, 3rd floor

We are also available outside of these times. Please call 805-893-2929 or email oiss@sa.ucsb.edu to request an appointment.

Emergency Expenses?

[Apply for an International Student Award](#). OISS has limited funds available to support emergency expenses, such as doctor visits or medical care, for international students. [Apply by March 15](#).

Additional Campus Resources:

- [Student Health Service \(SHS\)](#) provides comprehensive and integrated healthcare services that treat illnesses efficiently, promote physical and psychological well-being, and enable students to have a healthy and successful University experience.
- [Counseling and Psychological Services \(CAPS\)](#) promotes the emotional well-being of students through individual and group psychotherapy, crisis intervention, and stress management services
- [Mental Health Peers](#) are current students trained to help other students develop tools to better manage stressors related to school as well as relationships to family, friends, romantic partners, and roommates. Peers can also help you get connected to other appropriate resources around campus.
- [Campus Emergency Funds / Financial Crisis Response Team](#): UCSB offers emergency loans and grants to students facing unexpected financial burdens.



chibird.com

Artist Source: chibird.com

Steer Clear of Misinformation Regarding COVID-19!

Steer clear of misinformation spread by unreliable resources by using only verified and trustworthy resources. Below you can find links to reliable sources of information and updates about COVID-19:

- [UCSB COVID-19 Website](#)
- [UC Santa Barbara Student Health](#)
- [University of California Response to Coronavirus \(COVID-19\)](#)
- [UCOP Travel Restriction Guidance](#)
- [California Department of Public Health \(CDPH\)](#)
- [US Centers for Disease Control and Prevention \(CDC\)](#)
- [US Department of State Travel Advisories](#)

General Health Reminders

How can you protect yourself and your community?

- Wash your hands frequently with soap and water, for at least 20 seconds.
- Use hand sanitizers frequently when a sink is not readily available.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect frequently touched objects at home, work and school.

What should you do if you think you're sick?

- Stay at home.
- Practice social distancing (i.e. avoid large gathering areas).
- Cover your cough.
- Contact Student Health Services at (805) 893-7129 to receive guidance from an advice nurse.

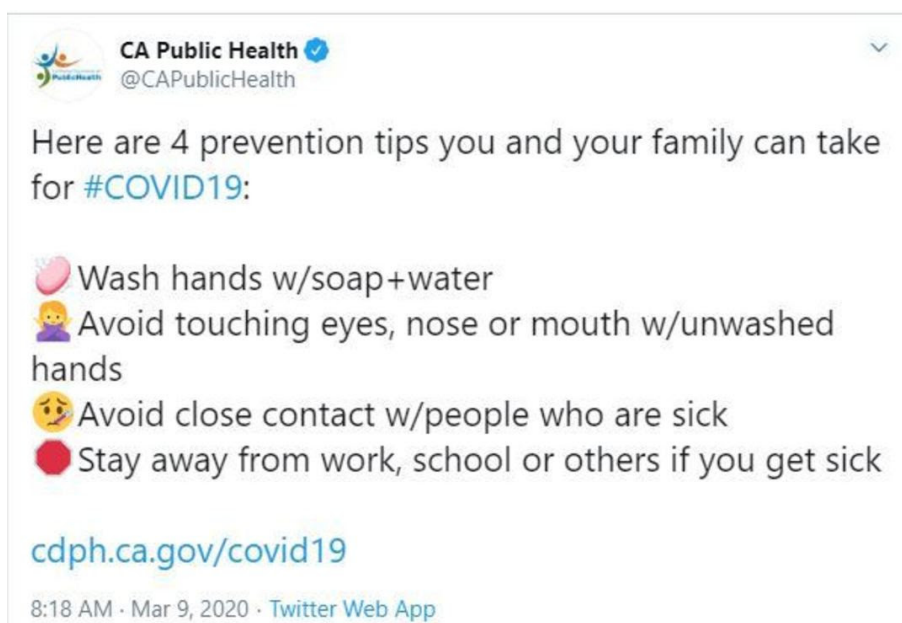


Image Source: California Department of Public Health Twitter @CAPublicHealth

Travel Restrictions & Reminders

We recognize that our international community is facing a variety of challenges as travel is currently restricted due to the COVID-19 virus. We encourage you to also stay informed when making your own travel arrangements. Due to the fluid nature of COVID-19 developments, we may not have definitive travel guidance for you. Ultimately we encourage you to use the information provided to make the best decisions for you and your family.

What are the current travel restrictions?

- Find out the current travel advisories for specific destinations on the [U.S. Department of State Travel Advisory](#) website.
- Understand the current COVID-19 travel risk assessments on the Centers for Disease Control and Prevention's [Coronavirus Disease \(COVID-19\) Travel Information](#) website.
- If you are currently participating in, or are applying to participate in, a UC Education Abroad Program (UCEAP), stay informed on [which programs are currently suspended due to COVID-19](#).

What if I am traveling?

- If you are returning to the U.S., keep in mind that you may be subject to quarantine, self-monitoring or testing based on level of exposure risk assessed by U.S. government officials.
- Please consider registering your travel with UC Away at <https://ehs.ucop.edu/away/#/trip/detail> so that the university can contact you with specific travel related information should the need arise.

Staying in the U.S. Over Spring Break?

- Residential & Community Living is working to accommodate students who live in UCSB-owned residence halls and apartments and will be unable to leave campus during the spring break due to travel restrictions and other COVID-19-related impacts. Fill out this [2020 Spring Break Housing Exception Request form](#) by 12:00PM NOON on March 13, 2020. All questions should be directed to University & Community Housing Services at (805) 893-4371 or housinginfo@housing.ucsb.edu.
- If you are feeling stuck in the U.S. over spring break, seize the opportunity to explore and go on an adventure! [UCSB Recreation's Adventure Programs](#) is offering a variety of trips and adventures during spring break, including canoeing, backpacking and camping trips.
- Stay tuned for a spring break event hosted by OISS!

Unable to return to the U.S. due to COVID-19?

OISS is closely monitoring the current travel restrictions resulting from COVID-19. Many students have expressed concern that they will be unable to return to the U.S. for the Spring 2020 quarter. We encourage you to contact OISS immediately at oiss@sa.ucsb.edu or (805) 893-2929 so that we may provide you with advising and support.

U.S. Visa Services May Be Suspended

We encourage all students who need visa assistance to refer to the specific United States embassy or consulate for most up to date information regarding visa services. You can refer to this page for more information: <https://www.usembassy.gov/>

Remember that your student status in the United States is maintained by a valid I-20 or DS-2019. If the visa in your passport expires while you are studying, you are able to remain in the United States as long as you have a

valid I-20 or DS-2019 and maintain your student status. You only need a valid visa to enter the United States after international travel.

Graduating Senior in Winter 2020?

If you are a senior who is graduating in Winter 2020 and is planning on applying for (or have already applied for) OPT, you will need to connect with your TA in order to ask them to post your grades for this quarter.

Graduate Student Corner

Going On Spring Filing Fee? Opt In for Health Insurance!

If you are a graduate student who plans to go on a Filing Leave of Absence in Spring 2020, be sure to opt in to the UC Student Health Insurance Plan (UC SHIP). Students who purchase graduate student health insurance in the spring will also get free health insurance over the summer! (This is applicable to students who plan to roll over their filing fee from spring into summer.)

Good Luck On Finals!

Come De-stress With Origami!

The staff at OISS wishes you the best of luck on finals! Remember, UC Santa Barbara offers many resources to support your studies and your sense of wellbeing during these challenging times. Come join OISS staff on Wednesdays from 3-4PM for free origami-making - the perfect way to de-stress!



Upcoming Closure: 3.27.2020

UCSB + OISS will be CLOSED on Friday, March 27th.

The UCSB Campus, including OISS, will be closed on Friday, March 27, 2020 in recognition of the Cesar E. Chavez holiday. Read more about Cesar Chavez' legacy [here](#).



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3/11/2020

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"Don't let small minds convince you that your dreams are too big." - Unknown