



Sept. 21, 2020

As we move forward with the fall semester as part of our Return to Campus phased-in plan, here are **Five Things You Should Know This Week**:

1. Eagles Do Right when we encourage each other.

These are unprecedented times and it is important to recognize that your colleagues are dealing with their own challenging circumstances while navigating an influx of unique issues and questions. Please remember to show others kindness, grace and understanding in your daily interactions and don't forget to show yourself grace as well.

2. Participate in the 2020 Census!

Responding to the 2020 Census is THE most important thing you can do to positively impact Georgia Southern and your community for the next decade! Census results determine legislative districts, city council districts, school districts and federal funding that goes toward programs affecting health care, food, education, transportation and many other areas. Responding to the census can be done [online](#) through Sept. 30. It's safe, easy and confidential.

3. September is suicide prevention awareness month.

Suicide is a leading cause of death in the U.S. In 2018, the National Institute of Mental Health reported that 48,344 Americans died by suicide. Georgia Southern's Counseling Center is invested in taking all measures necessary to decrease the rates of suicide by offering education, training, and treatment for our students. Please be on the lookout for any students who might need some help. Find out more about this effort, and all the services available for students through our Counseling Center by visiting <https://students.georgiasouthern.edu/counseling/>.

4. The CDC recommends flu vaccination.

As we enter fall, now is the time to receive your flu vaccine. The CDC recommends that everyone over the age of 6 months get a flu vaccine each year. While getting a flu vaccine will not protect against COVID-19, a flu vaccination has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk from flu but also to help conserve potentially scarce health care resources.

The flu vaccine is available on a walk-in basis Monday through Friday at the Statesboro campus Health Services Pharmacy and the Armstrong Campus Health Center for students, faculty and staff. Additionally, the flu vaccine is also available in most other pharmacies throughout the region.

5. Continue to use the CARES Center.

It's imperative that you continue to use the CARES Center to report your health status should you test positive for COVID-19, have COVID-19 symptoms, or become a close contact. Please also continue to reinforce use of this center to our students. While the numbers of cases are trending down, now is not the time to become complacent. The CARES Center has proven its value as an important tool to supplement the practices we all know are so effective: wear a face covering, remain socially distanced from others, wash your hands.