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Five Things You Should Know This Week

University Communications and Marketing

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Sept. 28, 2020

1. Now is not the time to become complacent with public health efforts.

The numbers of confirmed cases and self-reported cases of COVID-19 at Georgia Southern have been significantly dropping, indicating effectiveness in protecting our campus classrooms, offices, and communities. However, this virus has not gone away and we must remain vigilant with our adherence to public health guidelines. We also must continue to use the CARES Center to support our students' needs. The CARES Center has proven to be an effective tool in keeping our communities safe. As a reminder, free COVID-19 testing remains available through the Bulloch Health Department. Appointments are available throughout the week, but the Health Department continues to reserve times for just for Georgia Southern University faculty, staff and students. Beginning Oct. 5, times reserved for Georgia Southern are Mondays, Wednesdays and Fridays from 11:30 a.m. until noon. Register online at covid19.dph.ga.gov or call 855-473-4374. If you want a time within the 11:30 a.m. - noon window, do not book a specific appointment time when registering online.

2. A flu vaccine is especially important this year.

The 2020–21 influenza season is coinciding with the COVID-19 pandemic. The CDC says flu vaccinations will reduce symptoms that might be confused with those of COVID-19. Prevention of and reduction in the severity of influenza illness and reduction of outpatient illnesses, hospitalizations, and intensive care unit admissions through influenza vaccination also could alleviate stress on the U.S. healthcare system. Experts recommend getting a flu vaccine as an essential part of protecting your health and your family's health this season. The flu vaccine is available on a walk-in basis Monday through Friday at the Statesboro campus Health Services Pharmacy and the Armstrong Health Services Center for students, faculty and staff. Additionally, the flu vaccine is also available in most other pharmacies throughout the region.

3. Complete the census online.

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](#). It's safe, easy and confidential.

4. Voter registration deadline is approaching.

The deadline to register to vote in the November elections is October 5. Student Affairs has established a voting website at georgiasouthern.edu/eaglesvote with information such as How to Vote, Voting Locations, and Register to Vote. Please share this information especially with our students. For students on the Armstrong campus, remember that Chatham Area Transit system has a stop on Abercorn Street right in front of campus. For more information and routes, see <https://www.catchacat.org/current-schedules/>

5. Stress can be managed.

Stress is an inevitable part of life and may be elevated during a pandemic. Health and wellness experts recommend practicing coping skills. For example Tai Chi, yoga, exercise, a nature walk, playing with your pet or journal writing all help with reducing stress. Also, remember to smile and look for the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.

