Dear Terp,

We recognize that receiving a positive COVID-19 test result is unsettling and may create logistical challenges for you. Isolating is a necessity to protect the university community and is required by our county.

Most students will find it preferable to isolate with family at their permanent address. If that’s not an option for you, consider staying with relatives or friends in the area. For those who cannot isolate at home or with family and friends, we offer you these recommendations for accommodations and food.

All other recommendations for academic concerns, health and wellness, mental health and personal support are for every student, no matter where you isolate, to help you navigate essential resources during their isolation period.

**Housing/Lodging for Isolation:**
- Booking a Room: Local hotels are available for temporary stay. Special rates may apply for university students.
  Contact: You can book directly and take advantage of discounted rates through this [campus site](#).

**Food & Supplies:**
- Meals: Many meal delivery services and local eateries offer touchless delivery options.
- Groceries: Delivery services can bring grocery items to your location.
  Contact: Use your preferred app for delivery - e.g., Uber Eats, DoorDash, GrubHub, Instacart, etc.

**Academic Concerns:**
- Direct Questions: Contact your faculty member for course-specific questions.
- Additional Concerns: For broader academic issues or guidance, reach out to the [Dean of Students Office](#): 301-314-8484
Health & Wellness:
- Emergency: In an emergency, please dial 911.
- University Health Center (UHC): Appointments can be scheduled for non-emergency health concerns. Please call the Health Center if you have questions.
  - Main Phone Number: 301-314-8184
  - After Hours Nurses Line: 301-314-9386
- Off Campus Urgent Care Facilities: You may also be seen at the local urgent care facility of your choice.

Mental Health Support:
- Counseling and psychological services are available remotely.
  Contact the UMD Counseling Center: 301-314-7651

Personal Support:
- It’s important to maintain daily contact with a parent, guardian, other loved one or friend for emotional support and well-being checks.
- The Dean of Students Office can address additional, non-emergency questions at 301-314-8484.

Get well soon, Terp.