COVID-19 Information & Resources

Yale University and all of us at the OISS are committed to supporting you during this global health crisis. We are truly in uncharted territory, but we will navigate through this together.

As you well know, the guidance on COVID-19 and how to best diminish its impact is dynamic and fast-moving [1]. Since we are in an environment of fast paced and evolving information, please make sure to regularly check the Yale COVID-19 Information page [1] and refer back to our FAQs below.

Now more than ever, we need to watch out for each other and treat each other with respect. That is why, it is vital that we all act proactively and follow all health guidelines and observe social distancing to safeguard our own health and the well-being of those with whom we come in contact.

Best wishes to you and your families.

OISS Staff

Information

For Students

FAQs for Current Students [2]
FAQs For Newly Admitted Students [3]

For Scholars

Information for Scholars [4]

Faculty & Department Administrators

Message to Departments [5]
Premium Processing Suspended [6]

Travel

International Travel for International Students and Scholars [7]

OISS Hours & Access [8]

Per University guidance OISS is temporarily suspending in-person advising until April 16th. All OISS programs and events have been postponed. Read more [8].
Resources

Yale Videos

March 19th [Yale School of Public Health Town Hall Video] [9]

Yale leaders talk about COVID-19: Interview Series

- March 19th [Graduate School Dean Lynn Cooley] [10]
- March 18th [Yale College Dean Marvin Chun] [11]
- March 17th [Provost Scott Strobel] [12]
- March 16th [President Peter Salovey] [13]

Important Links

- [Yale University's COVID-19 Site] [1]
- [YaleNews stories on COVID-19] [14]
- [CDC's COVID-19 Site] [15]
- [City of New Haven's COVID-19 Site] [16]
- [Free Access to New York Times Coronavirus Coverage] [17]

Mental Health & Wellness Resources

- [Being Well at Yale - Self Care] [18]

  - [Talk to a Chaplain] [19] - virtual appointments available with the Chaplain's Office

  - [Tea Time with Tracy George] [20], Director of the Good Life Center

  CommuniTea Time & Guided Meditations
  - [Mondays, 4-4:30 PM] [21] (4/6, 4/13, 4/20, 4/27)
  - [Wednesdays, 12-12:30 PM] [21] (4/1, 4/8, 4/15, 4/22, 4/29)

  [Guided Online Meditations from Tracy George] [22]

- [Be Well Wherever You Are Series] [23] with Lauren Horner, Student Health Educator

- [GPSS Resources] [24]

  - [Asian American Cultural Center COVID-19 Peer Support Group Series] [25]

  - [Managing Stress] [26] - Yale's LinkedIn Learning Resources

  - [Happiness Lab Podcast] [27] - with coronavirus bonus episodes

  - [Manage Anxiety & Stress] [28] - the CDC's guide for taking care of your mental health during COVID-19

  - [Mindfulness-Based Strengths Practice] [29] - April 9, 5-6:30 PM, led by Danielle Casioppo, Yale Health Educator
Resources for Working Remotely

Tips for Successfully Working from Home [30] - Yale's LinkedIn Learning Resources

Accessing Yale's Library Resources [31]

Ask Yale Library [32] - COVID-19 Q&A

Tips for Effective Remote Learning [33] from the Poorvu Center

Teaching During COVID-19 [34] from the Poorvu Center

53 Virtual Activities for Classrooms & Gatherings [35]

Tips for Parents with Kids at Home [36]

Staying Active at Home

Yale Trail Wellness Challenge [37]

Fitstyle by Shana [38] - webinars and live stream workshops and workouts

AllTrails [39]

Blogilates [40]

Fitness Blenders [41]

Yoga for Uncertain Times [42]

Grocery & Food Delivery Resources

Grocery Delivery & Pick-up

Costco [43]

Edge of the Woods (Vegetarian) [44]

Instacart [45]

Ranch 99 [46]

Safeway [47]

Stop & Shop [48]

Whole Foods [49]

Restaurant Delivery & Pick-up Services

Restaurants in New Haven offering pick-up/delivery [50]

City Seed Pre-Order Farmer's Market [51]
Sanctuary Kitchen pick-up/delivery options [52]

Door Dash [53]
Grubhub [54]
Seamless [55]
Uber Eats [56]

Fun Things to Keep You Busy

Cooking at Home During the Coronavirus from Bon Appetit [57]

City Walks Self-Guided Tours [58]

Peabody at Home [59]

17 Distractions You Could Use Right Now from theSkimm [60]

Lunch Doodles with Mo Willems [61] - Kennedy Center Education Artist-in-Residence hosts a live daily doodle lesson at 1pm

Source URL: https://oiss.yale.edu/covid-19

Links:
[1] https://communications.yale.edu/covid-19-information
[8] https://oiss.yale.edu/covid-19-information/oiss-hours-access
[9] https://publichealth.yale.edu/news-article/23205/
[18] https://beingwell.yale.edu/covid-19-self-care
[19] https://www.signupgenius.com/index.cfm?go=s.signup&amp;urlid=904084baaa62fa3fb6-chaplain&amp;view=standar
[21] https://zoom.us/j/973113446
[22] https://soundcloud.com/yaleuniversity/sets/guided-meditations-for-the
[23] https://www.facebook.com/events/2652719148189546/?event_time_id=2652719154856212
[24] https://gpsenate.yale.edu/covid-19-resources