Guidelines and Tips on Prevention and Containment
Precautions Taken at the RISE Center
Strategies for Coping with Anxiety & Stress

EVERYDAY GUIDELINES FOR SAFETY AND PREVENTION
Read about the Centers for Disease Control and Prevention recommendations to help control the spread of the virus. Here are some basic practices to follow:

● Wash your hands frequently and for at least 20 seconds with soap and water (preferred method) or alcohol-based hand sanitizer.
● Cough into your elbow or a tissue and not your hands. Dispose of the tissue.
● Clean and disinfect frequently touched surfaces at home, work and school.
● Avoid touching your eyes, nose and mouth.
● Avoid close contact with people who are sick.
● Practice healthy habits: Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

PRECAUTIONS TAKEN AT THE RISE CENTER
Here are some general health and safety measures we are taking at the RISE Center so you can access the space with peace of mind:

Blankets and Meditation Cushions
As an additional safeguard, we are asking students to please launder and bring your own personal blankets and other props as often as possible; or bring your own towels to place upon our blankets in order to use the RISE blankets.

Yoga Mats
In addition, we ask that students bring their own yoga mats, as we will be removing the mats from the space to be deep cleaned.

Disinfectant Wipes
We are providing wipes for every student to use to wipe down their spaces before and after use in the healing room and training room.

Cleaning of the RISE Center
We have regularly scheduled cleanings of our space to clean the floors and sanitize surfaces. Our wonderful facilities staff vacuums and mops the floors, takes out the trash, steams the

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couch, and wipes down windows daily. They will also be providing us with anti-bacterial cleaning spray and paper towels for our yoga mats and surfaces. Our staff diligently cleans common spaces (microwave, tables, etc.).

**How to Stay Healthy**

Please remember to wash your hands frequently and if you are symptomatic of an illness, from the common cold to the flu, please refrain from coming into the space and stay home - while this is always true, our vigilance now is especially important and we look forward to working together to maintain the highest standards of cleanliness and safety. Please also use the hand sanitizing stations in the center and wipe down the check-in kiosk after use.

**COPING WITH STRESS AND ANXIETY**

Below are some strategies from the RISE Center Director, Drea Letamendi to help us cope with anxiety and lessen the chances we let our fears keep us from being proactive, rational, and kind to each other:

- Let’s encourage each other to **utilize our daily self-care practices**, including regular breaks, routine sleep, and checking in with our support systems when we’re confused or uncertain. Feeling productive, informed, and supported by each other will decrease the possibility of the spread of panic.

- **Increase your feel-good activities!** Whether it’s mindfulness, going for walks, sports, gym-time, journaling, or *Netflix*, now’s the time to intentionally increase positive experiences on the daily. For a quick stress reliever, UCLA’s Mindful Awareness Research Center has free guided meditations [here](#), available in English and Spanish.

- **Stay healthy.** Eating healthy meals, exercising, and reducing alcohol will help boost your immune system. A healthy body can have a positive impact on our thoughts and emotions. High-impact exercise can help reduce the excess adrenaline build-up associated with anxiety.

- **Maintain focus on ongoing goals** and stay oriented about the future. For many of us, maintaining our normal routines will help keep us positive, balanced, and mentally well.

- **Examine your reactions.** If you find yourself stressed about COVID-19, you are not alone. It’s highly unlikely that a viral outbreak, even at pandemic levels, will trigger mental health problems in people **who don’t already have them**. Keep in mind that people who have **pre-existing anxiety conditions** are more vulnerable in that they face a higher risk of worsening mental health as the virus spreads. This should not be ignored. For those of us
with histories of anxiety problems, it’s best to form a plan, in advance, on how we can effectively meet our mental health needs such as accessing health workers, counselors, and prescriptions.

- **Stay connected to your community.** Personal relationships are crucial in maintaining perspective, elevating mood, and allowing distraction away from concerns that trouble us.

- **Talk about other things.** What’s on your top *must-watch* list? Getting our minds on some common interests will actually dampen the stress response system and feel temporary relief from the rapid news cycle.

- **Limit your media exposure.** Following health guidelines about preventing the spread of the Coronavirus is paramount at this time. Constant searching, scrolling or consumption of coronavirus reporting will only make us feel more afraid and powerless. Remember to take breaks from media coverage and use the campus emergency resource [Bruin Safe](https://bruin.safe.ucla.edu/) for updates rather than checking unreliable, unofficial sites.

- **Panic is contagious.** We may begin to notice people stockpiling toilet paper, bottled water, and sanitizer. While it’s always good to take measures to prepare for any kind of unexpected crisis (like having a half-tank of gas in the car and a pair of sneakers in our office), we should check the facts before copy-catting the folks in our feeds.

- **Treat everyone with dignity and respect.** Let’s work together to address xenophobic sentiments and behaviors that perpetuate hatred and stigma toward persons from the countries impacted by the spread of the Coronavirus. In fact, members of our community are experiencing *additional* stress right now because of the increased suspicion, avoidance, and direct racism felt from others who misguidedly associate their cultural backgrounds with a contagious illness.

- **Have peace of mind knowing that you are a part of the UCLA community and are surrounded by top health and medical experts.** The World Health Organization (WHO) reminds communities that the Coronavirus can be significantly slowed or even reversed through robust containment and control activities. Health and wellness leadership at our institution are vigorously pursuing many strategies proven effective to stop, contain, control, delay and even reduce the impact of this virus at every opportunity. Each of us has the capacity to contribute, to protect ourselves and to protect others in the workplace by following their [recommended guidelines](https://www.cdc.gov/coronavirus/2019-ncov/community/travel-patient-care-guidance.html).

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ACCESSING CAPS (COUNSELING AND PSYCHOLOGICAL SERVICES CENTER)
In addition, if you want to go to CAPS, here are the guidelines under which CAPS is operating right now:

If you are scheduled for an appointment, but are unable to come in related to concerns about your health, you may check in with your CAPS clinician by phone during your scheduled appointment time, as an alternative to presenting in person for your visit. You may also choose to cancel or reschedule your appointment. Although fees are typically charged for late reschedule, late cancellations and no shows, CAPS will be waiving fees, as appropriate, due to the nature of the cancellation. Remember that 24-hour crisis counseling is available by calling us at (310) 825-0768. For the most up-to-date information on the Coronavirus (COVID-19) health advisory, visit: https://www.studenthealth.ucla.edu/covid19. For programming and support with managing your stress, please visit the Resilience in your Student Experience (RISE) center.

ACCESSING CARE (CAMPUS ASSAULT RESOURCES & EDUCATION) PROGRAM
The CARE Office will be open during normal business hours 9-5pm, Monday-Friday. Please contact the office for information about appointments and walk-ins.