

COVID-19 Campus & Community Resources Guide (U of U)

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Hotlines and Questions about COVID-19

- U of U coronavirus campus hotline: 801-213-2874
- U of U testing hotline: 801-587-0712
- U of U coronavirus website: <https://coronavirus.utah.edu>
- Utah Coronavirus Information Line: 1-800-456-7707
- State of Utah coronavirus website: <https://coronavirus.utah.gov>
- Centers for Disease Control and Prevention website: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- Intermountain Healthcare: 844-442-5224 or <https://intermountainhealthcare.org/covid19-coronavirus>
- MotherToBaby Line (questions about COVID-19 exposures during pregnancy or while breastfeeding) (available Monday through Friday from 8 a.m. to 5 p.m.) 1-800-822-2229 or 801-328-2229 or text at 855-999-3525 <https://mothertobaby.utah.gov>
- United Way 2-1-1 <https://211utah.org>

What about my classes?

If you are a student:

- Contact your instructors right away, especially if you have been in the classroom.
- Talk to your instructor about your isolation/quarantine dates (you may show them email communication from the health department or the campus contact tracing team).
- Talk to your instructor if you are unable to participate due to illness.
- Complete a [self-report form](#) if you haven't already done so or if your COVID status changes.

If you are an instructor:

- Review guidance at <https://coronavirus.utah.edu/exposure-checklists/>.

COVID-19 Testing

On-campus COVID-19 testing is free for all U of U students. For off-campus testing, your health insurance company may be billed when you are tested. If you do not have health insurance, the costs of testing will be covered by Medicaid even if you are not a member of Medicaid. This is made possible through the federal Families First Coronavirus Response Act.

For full-time university faculty and staff, please contact your primary care physician or clinic for testing.

- € To schedule an on-campus test (U of U), call: 801-587-0712.
- € Off-campus testing locations: <https://coronavirus.utah.gov/utah-covid-19-testing-locations>
- € TestUtah.com testing locations <https://www.testutah.com>
- € Intermountain Healthcare: 844-442-5224
<https://intermountainhealthcare.org/health-wellness-promotion/pandemics/covid>

Child Care Services

- € U of U Child Care: <https://childcare.utah.edu>
- € Department of Workforce Services:
<https://jobs.utah.gov/covid19/covidocc.html>
- € One Utah Child Care (available to healthcare workers and first responders):
<https://coronavirus.utah.gov/child-care/#childcare>
- € Frequently asked questions for parents and child care providers:
<https://coronavirus.utah.gov/child-care>

Domestic Violence and Abuse

- € SafeU: <https://safeu.utah.edu>
- € SafeU reporting: <https://safeu.utah.edu/how-do-i-report>
- € Utah Domestic Violence LinkLine: 1-800-897-5465
- € Sexual Violence Crisis Line: 1-888-421-1100
- € Utah Domestic Violence Coalition: <https://www.udvc.org>
- € Holy Cross Ministries: <https://hcmutah.org>
- € United Way 2-1-1: <https://211utah.org/index.php/family-support>

Employment

- € U of U employee exposure guide: <https://coronavirus.utah.edu/wp-content/uploads/sites/2/2020/08/university-of-utah-covid-19-staff-exposure-guidance-20200917.pdf>
- € U of U HR coronavirus hub: <https://www.hr.utah.edu/coronavirus>
- € U of U temporary work adjustment form for high-risk employees:
https://coronavirus.utah.edu/wp-content/uploads/sites/2/2020/11/Request-for-Temp-Work-Adjust_HRE_2021_03_09.pdf
- € U of U telecommuting form: <https://workreimagined.utah.edu/wp-content/uploads/sites/66/2021/05/Telecommuting-Agreement-Form-5-25.pdf>
- € Pandemic unemployment claims process:
<https://jobs.utah.gov/covid19/pandemicuiclaims.pdf>
- € United Way 2-1-1: <https://211utah.org/index.php/employment>

Food Assistance

- € Feed U Pantry: <https://union.utah.edu/resources-spaces/feed-u-pantry/hours-about-us>
- € United Way 2-1-1: <https://211utah.org/index.php/food>
- € SNAP benefits application: <https://jobs.utah.gov/covid19/covidother.html>
- € Utahns Against Hunger food resources list: <https://uah.org/covid19>
- € Food pantry and the Utah Food Bank: <https://www.utahfoodbank.org/find-a-pantry>
- € Temporary Assistance for Needy Families: <https://jobs.utah.gov/services/tevs/tanfcontract.html>
- € Salt Lake County food resources: 801-526-0950 or 1-866-435-7414
<https://www.slc.gov/sustainability/food-covid>

Housing, Rent, Utilities

- € U of U HRE website: <https://housing.utah.edu/coronavirus>
- € United Way 2-1-1: <https://211utah.org/index.php/housing-and-utilities>
- € Utah Community Action: <https://www.utahca.org>
- € Homeless Prevention and Rapid Rehousing: <https://jobs.utah.gov/housing/scso/hprrh>
- € COVID-19 rent and eviction facts: <https://jobs.utah.gov/covid19/evictioneofacts.pdf>
- € Utah Community Action 801-359-2444
- € Utah Home Energy Assistance Target (HEAT) Program: 1-866-205-4357
<https://jobs.utah.gov/housing/scso/seal/heat.html>
 - Online application <http://sealapp.utah.gov/index.do>
 - Schedule an appointment for assistance
<https://jobs.utah.gov/housing/scso/seal/offices.html>
- € REACH Utah Utility Assistance: 1-800-328-9272

Mental Health

- € U of U Counseling Center: <https://counselingcenter.utah.edu>
- € Utah Crisis Line and Mobile Outreach Team: 801-587-3000
<https://healthcare.utah.edu/uni/programs/crisis-diversion.php>
- € National Suicide Prevention Lifeline: 1-800-273-8255
- € Utah Strong Recovery Project (call or text): 385-386-2289
- € Emotional Health Relief Hotline (available 7 days a week from 10 a.m. to 10 p.m.): 833-442-2211

- € Warm Line for Salt Lake County residents who are not in crisis but need support or encouragement (7 days a week from 8 a.m. to 11 p.m.): 801-587-1055
- € Maternal Mental Health Referral Network:
<https://maternalmentalhealth.utah.gov>
- € Utah Division of Substance Abuse and Mental Health: <https://dsamh.utah.gov>
- € COVID-19 mental health resources: <https://coronavirus.utah.gov/Mental-health>
- € Utah Suicide Prevention Coalition: <https://utahsuicideprevention.org>
- € American Foundation for Suicide Prevention Utah chapter:
<https://afsp.org/chapter/utah>
- € National Alliance on Mental Illness Utah: <https://namiut.org>

Substance Use Disorders

- € Utah Division of Substance Abuse and Mental Health: <https://dsamh.utah.gov>
- € Substance use disorder treatment services in Utah:
<https://dsamh.utah.gov/contact/location-map>
- € Local behavioral health treatment providers through SAMSHA:
<https://findtreatment.samhsa.gov>
- € United Way 2-1-1: <https://211utah.org/index.php/mental-health>
- € Substance use disorder treatment and opioid abuse help:
<https://www.opidemic.org/get-help/>
- € Naloxone: <https://naloxone.utah.gov>
- € Utah Syringe Exchange Services:
<http://health.utah.gov/epi/prevention/syringeexchange/UTSEPEventSchedule.pdf>
- € Utah Support Advocates for Recovery Awareness (USARA): 385-210-0320
<https://www.myusara.com>

Transportation

- € United Way 2-1-1: <https://211utah.org/index.php/transportation>
- € U of U travel restrictions: <https://fbs.admin.utah.edu/travel/covid-19-updates>