Dear International Students,

During these uncertain times, when we all are bombarded daily with information about the Coronavirus outbreak, the ISSO wishes to reinforce to you that we value your presence here as an integrated part of the UNC Charlotte community.

At a time like this, tensions and worries may be high. Perhaps the virus outbreak is impacting you, your family members, and friends in your home country or within the United States. You may be concerned about your health, safety, and welfare. Being far from family and friend support networks might complicate your situation and feelings.

Here at the ISSO, where internationalization and global exchange are our mission and commitment, we especially want to say: “We are here for you.” Keep us, other trusted staff, or your professors updated about how you are doing. Let us know if you need help navigating the university or its many many resources which are available to you, from Academic Departments to the Dean of Students Office, Counseling Center, the Student Health Center and so on.

One of the hardest parts about this type of situation is that you might feel helpless. However, there are things you can do to feel empowered and care for those around you:

**Action Items to Help Manage Stress and Anxiety:**

- Stay in touch with your family and friends at home to check on them and let them know how you are doing.
- Stay in contact with the International Student and Scholar Office to update the staff on your family status at home.
- Stay in contact with your academic advisor/supervisor to inform him/her of the situation and how it affects you.
- Monitor your UNC Charlotte email and trusted information sources for more information, like the following:
  - World Health Organization
  - The U.S. Department of State
  - U.S. Department of Health & Human Services, Centers for Disease Control & Prevention
  - NAFSA Coronavirus Critical Resources
  - Latest Coronavirus immigration restrictions & news
  - UNC Charlotte Coronavirus Information Page
  - Coronavirus Outbreak Map
- Report incidents of bias related to the virus or profiling, which demean us all.

These are small steps, but in a crisis the smallest kindnesses have an enormous impact in dispelling our greatest fears.

In closing, please don’t hesitate to visit us in the ISSO and reach out for help if you need it.

We wish you and your families our very best and also a successful end of the semester!

Tarek Elshayeb, Director of the ISSO

Denise Medeiros, Associate Director of the ISSO