



COVID-19 Resource Center



Updated July 2021

Individual sections below are updated on a monthly basis.

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GOALS

Struggling with side effects of COVID? The following material is available to guide you to reliable resources!

The global COVID-19 pandemic continues to affect various regions at the local, national and global levels. As we make slow progress towards vaccines and therapeutics, we hope you'll make good use of the material provided in our COVID Resource Center.

Ongoing Research Efforts: Stay tuned! Research for new therapeutics is currently in progress according to top researchers from Pfizer, and the above referenced medical communities. We will continue to keep you posted.

OVERVIEW

Latest News (June 2021)

- **VACCINES:** With a variety of vaccines currently being distributed, the new push is towards the development of therapeutics to combat the side effects of COVID and to develop preventative oral medication to combat the virus.
- **OFFICES & SCHOOLS** are gradually beginning to reopen with alternative safe spacing protocols in place through August. Pending the success of this process, these organizations are hoping to be back to normal schedule (perhaps with limited safety measures in place) by September/October.
- **RETURN TO WORK/CAMPUS REQUIREMENTS:** Many workplaces are now requiring that students and employees be vaccinated.
- **YOUR SAFETY FIRST:** Before scheduling your vaccination please consult your regular physician.
- **TRAVEL PROTOCOLS:** Those planning to travel will also be asked to show proof of vaccination before a flight, extended bus ride, etc. Masks are still recommended based on the fact that new strains of the virus are still circulating. If you're planning to travel, be safe and cautious. The CDC has made recommendations for [unvaccinated children < https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-risk.html >](https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-risk.html) and family members.
- **PROOF OF VACCINATION:** At this time, you may be asked (at school, work, airports, etc.) to show proof of vaccination before entering buildings. [New York < https://covid19vaccine.health.ny.gov/excelsior-pass >](https://covid19vaccine.health.ny.gov/excelsior-pass) and [New Jersey < https://www.nbcnewyork.com/news/coronavirus/nj-debuts-smartphone-app-to-access-covid-19-vaccine-record/3150181/ >](https://www.nbcnewyork.com/news/coronavirus/nj-debuts-smartphone-app-to-access-covid-19-vaccine-record/3150181/) have created apps to track your COVID-19 record. Other states are also developing apps for their areas. Please check your state for available APP is available. The [CDC has also set up a Y-Safe program < https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/ysafe.html >](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/ysafe.html) for children and teens who have taken the vaccine.
- **ADDITIONAL UPDATES** are provided in the sections below.

MEDICAL UPDATES

Vaccination Updates

- Vaccines are now readily available across North America.
- Please ask your medical provider for more information on where to schedule an appointment to receive your vaccination.
- Before taking any vaccination, please review your personal medical history with your physician and make the safest decision for yourself and your loved ones.

About Pfizer & Moderna

- General updates from [Columbia/Weill Cornell/NY Presbyterian collaborative Vaccine Together Collaboration < https://vaccinetogether.org/Pages/default.aspx >](https://vaccinetogether.org/Pages/default.aspx)
- Click here for a list of [qualifying conditions to receive the vaccine. < https://vaccinetogether.org/Documents/NYS_vaccine_medical_condition_qualifications.pdf >](https://vaccinetogether.org/Documents/NYS_vaccine_medical_condition_qualifications.pdf)
- Click here for a list of [NYC Vaccination sites < https://am-i-eligible.covid19vaccine.health.ny.gov/ >](https://am-i-eligible.covid19vaccine.health.ny.gov/) or use the [NYC COVID-19 Vaccine Finder < https://vaccinefinder.nyc.gov/locations >](https://vaccinefinder.nyc.gov/locations)
- Looking for a site anywhere in the US? Click here for the Department of Health & Human Services' [full list by state < https://www.vaccines.gov/get-vaccinated/where >](https://www.vaccines.gov/get-vaccinated/where)

About Johnson & Johnson

- J&J has issued a 1-dose version of the vaccine. Please ask your medical provider for more information.

Available (Non-Medical) Therapeutics

- [Coronavirus Recovery: Breathing Exercises. < https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-recovery-breathing-exercises?fbclid=IwAR3j0sXEzZvW1JfudMFSx_vii8U0Soq838UzEgwR2ByxMmZlW2CMkCc5R4 >](https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-recovery-breathing-exercises?fbclid=IwAR3j0sXEzZvW1JfudMFSx_vii8U0Soq838UzEgwR2ByxMmZlW2CMkCc5R4)

Additional Medical Resources

- Free COVID-19 testing is available at all medical facilities across the U.S.
- [Northwell Health Coronavirus Digital Resource Center < https://www.northwell.edu/coronavirus-covid-19?utm_source=mkto&utm_medium=email&utm_campaign=E20_Foundations_2020%20Cohen%20July%20Stewardship%20Email_L01%20Email_197048-8mkt_tok=eyJmIjoiVlRiek9ERTRNRIzNTRCaylsInQiOiJnRUs4NjZsdFtleUVNbnDQyTG9PNVUwFudC1DlVXNcLzIjRi3bBS2h6ZG8eLzWkVHlHRVWVWd5hm1CaUSQV0Z0adhkaUwYzIrendTj3YxOzG6amo3TjQVhif0%3D%3D >](https://www.northwell.edu/coronavirus-covid-19?utm_source=mkto&utm_medium=email&utm_campaign=E20_Foundations_2020%20Cohen%20July%20Stewardship%20Email_L01%20Email_197048-8mkt_tok=eyJmIjoiVlRiek9ERTRNRIzNTRCaylsInQiOiJnRUs4NjZsdFtleUVNbnDQyTG9PNVUwFudC1DlVXNcLzIjRi3bBS2h6ZG8eLzWkVHlHRVWVWd5hm1CaUSQV0Z0adhkaUwYzIrendTj3YxOzG6amo3TjQVhif0%3D%3D) and many other research institutions are anticipating reliable treatment and vaccination options in the coming months and recommend preventative measures.
- Our friends at [Lexington Medical Associates < https://www.kff.org/global-health-policy/fact-sheet/coronavirus-trackers >](https://www.kff.org/global-health-policy/fact-sheet/coronavirus-trackers) are available to address questions related to detection of the virus, preventative measures and more.
- [IFF Global Health Tracker \(Updated Regularly\) < https://www.kff.org/global-health-policy/fact-sheet/coronavirus-trackers >](https://www.kff.org/global-health-policy/fact-sheet/coronavirus-trackers)
- [Surgeon General on Face Masks \(NYT, March 5, 2020\) < https://www.nytimes.com/2020/02/29/health/coronavirus-n95-face-masks.html >](https://www.nytimes.com/2020/02/29/health/coronavirus-n95-face-masks.html)
- [Columbia University COVID-19 News Release \(March 9, 2020\) < https://www.columbia.edu/content/coronavirus >](https://www.columbia.edu/content/coronavirus)
- [Johns Hopkins Coronavirus Resource Page \(March 17, 2020\) < https://coronavirus.jhu.edu/map.html?fbclid=IwAR1beZVUXE-CDOz2kVbw3uHhVYr9q4_zn2Xzcedcn7pyVmdknpJ67kL4 >](https://coronavirus.jhu.edu/map.html?fbclid=IwAR1beZVUXE-CDOz2kVbw3uHhVYr9q4_zn2Xzcedcn7pyVmdknpJ67kL4)

- [NYC Health Department Recommendations < https://www1.nyc.gov/site/doh/providers/health-topics/novel-respiratory-viruses.page >](https://www1.nyc.gov/site/doh/providers/health-topics/novel-respiratory-viruses.page)

BREAKTHROUGH ARTICLES

National Institutes of Health (June 2021)

- [Potential Oral Treatment for COVID-19 Identified < https://www.nih.gov/news-events/nih-research-matters/potential-oral-treatment-covid-19-identified >](https://www.nih.gov/news-events/nih-research-matters/potential-oral-treatment-covid-19-identified)

Wall Street Journal (March 2021)

- [FDA Says Johnson & Johnson's Covid Vaccine Has a 'Favorable Safety Profile' < https://www.msn.com/en-us/health/medical/fda-says-johnson-and-johnsons-covid-vaccine-has-a-favorable-safety-profile/ar-BB1dYbyY?cid=chromentnews >](https://www.msn.com/en-us/health/medical/fda-says-johnson-and-johnsons-covid-vaccine-has-a-favorable-safety-profile/ar-BB1dYbyY?cid=chromentnews)
- [The Center for Disease Control \(CDC\) removes the guideline stating that COVID-19 can spread through tiny air particles. \(September 23rd, 2020\) < https://www.msn.com/en-us/health/medical/cdc-removes-guideline-stating-that-covid-19-can-spread-through-tiny-air-particles/ar-BB1993Z7?cid=chromentnews >](https://www.msn.com/en-us/health/medical/cdc-removes-guideline-stating-that-covid-19-can-spread-through-tiny-air-particles/September-23rd-2020?hpid=hp_hp-top-table-main-covid-19-spread-through-air-particles/ar-BB1993Z7?cid=chromentnews)

Zenefits (Jan. 2021)

- [Preparing for the Next Shutdown: What HR Leaders Learned from the first COVID-19 Shutdown and how to Stay Prepared < https://www.zenefits.com/wp-content/uploads/2020/12/HR-Lessons-from-COVID-Shutdown-1.pdf >](https://www.zenefits.com/wp-content/uploads/2020/12/HR-Lessons-from-COVID-Shutdown-1.pdf)

Columbia University Irving Medical Center (Oct. 2020)

- [Even Mild Cases Can Cause 'COVID-19 Brain Fog' < https://www.cuimc.columbia.edu/news/even-mild-cases-can-cause-covid-19-fog >](https://www.cuimc.columbia.edu/news/even-mild-cases-can-cause-covid-19-fog)

Columbia Univ. Center for Genome Technology & Biomolecular Engineering < [https://pubs.acs.org/doi/abs/10.1021/acs.jproteome.0c00392 >](https://pubs.acs.org/doi/abs/10.1021/acs.jproteome.0c00392) (Sept. 2020)

- [Nucleotide Analogues as Inhibitors of SARS-CoV-2 Polymerase, a Key Drug Target for COVID-19 < https://pubs.acs.org/doi/abs/10.1021/acs.jproteome.0c00392 >](https://pubs.acs.org/doi/abs/10.1021/acs.jproteome.0c00392)

KPMG Global Mobility Service < [https://tax.kpmg.us/insights/insights-on-global-mobility/articles-and-news-insights-gm/global-mobility-preparing-future.html?utm_source=linkedin&utm_medium=social&mid=m-00006331&utm_content=86381966&utm_campaign=c-00088928&cid=c-00088928&adid=86381966 >](https://tax.kpmg.us/insights/insights-on-global-mobility/articles-and-news-insights-gm/global-mobility-preparing-future.html?utm_source=linkedin&utm_medium=social&mid=m-00006331&utm_content=86381966&utm_campaign=c-00088928&cid=c-00088928&adid=86381966) (Sept. 2020):

- [COVID-19: Preparing for the future: A series of articles developed by the Global Mobility team to help guide you forward. < https://tax.kpmg.us/insights/insights-on-global-mobility/articles-and-news-insights-gm/global-mobility-preparing-future.html?utm_source=linkedin&utm_medium=social&mid=m-00006331&utm_content=86381966&utm_campaign=c-00088928&cid=c-00088928&adid=86381966 >](https://tax.kpmg.us/insights/insights-on-global-mobility/articles-and-news-insights-gm/global-mobility-preparing-future.html?utm_source=linkedin&utm_medium=social&mid=m-00006331&utm_content=86381966&utm_campaign=c-00088928&cid=c-00088928&adid=86381966)

New York Times (Sept. 2020)

- Digital updates on the ongoing pandemic: [New York Times COVID-19 Tracker \(U.S.\) < https://www.nytimes.com/interactive/2020/us/coronavirus-us-cases.html >](https://www.nytimes.com/interactive/2020/us/coronavirus-us-cases.html)

GENERAL RESOURCES

Community Empowerment

- Philo4Thought and its [Strategic Partners < https://philo4thought.org/partners >](https://philo4thought.org/partners) are taking great measures to continue making advisory resources available to the public.
- Check out our [Lifestyle Page < https://www.philo4thought.org/lifestyle >](https://www.philo4thought.org/lifestyle) and other available resources. We also invite you to tune in to our monthly [Young Professional Empowerment < https://www.philo4thought.org/p4t-empowertoday >](https://www.philo4thought.org/p4t-empowertoday) events.
- The [NYC Mayor's Office](https://www.philo4thought.org/p4t-empowertoday) texting chain will continue to provide direct updates about (1) available services, (2) resources, and (3) street closings, text "COVID" to 692692 to join the messaging group.
- [Free Online COVID Awareness Course:](https://www.philo4thought.org/p4t-empowertoday) Our friends at Columbia University are offering a free online course with the latest updates on COVID research, prevention and progress (for the vaccine). To register, [click here < https://mailchi.mp/cuimc/covid-19-course >](https://mailchi.mp/cuimc/covid-19-course).

Additional Community Resources

- [KFF Global Health Tracker / Updated Regularly](https://www.kff.org/global-health-policy/fact-sheet/coronavirus-tracker/) < <https://www.kff.org/global-health-policy/fact-sheet/coronavirus-tracker/>
- [NYC Mayor's Response to COVID-19 \(March 19, 2020\)](https://www.cnn.com/2020/03/09/nyc-mayor-urges-new-yorkers-to-work-from-home.html) < <https://www.cnn.com/2020/03/09/nyc-mayor-urges-new-yorkers-to-work-from-home.html>
- [CUNY CUNY COVID-19 News Release \(March 10, 2020\)](https://www.cuny.edu/president-office/blog/instruction-and-learning-during-potential-covid-19-campus-closing/) < <https://www.cuny.edu/president-office/blog/instruction-and-learning-during-potential-covid-19-campus-closing/>

NYC Health Department Guidelines for Schools, Businesses & Facilities

- [CDC: Considerations for School Closure](https://www.cdc.gov/coronavirus/2019-ncov/downloads/considerations-for-school-closure.pdf) < <https://www.cdc.gov/coronavirus/2019-ncov/downloads/considerations-for-school-closure.pdf>
- [Schools K-12 \(Staff and Students\)](https://www.schools.nyc.gov/school-life/health-and-wellness/coronavirus-update) < <https://www.schools.nyc.gov/school-life/health-and-wellness/coronavirus-update>
- [Colleges/Universities](https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/index.html) < <https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/index.html>
- [CDC_AA_reVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fcolleges-universities.html](https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/index.html#CDC_AA_reVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fcolleges-universities.html)
- [Commercial or Residential Building General Disinfection Guidance](https://www1.nyc.gov/assets/doh/downloads/pdf/imm/disinfection-guidance-for-commercial-residential-covid19.pdf) < <https://www1.nyc.gov/assets/doh/downloads/pdf/imm/disinfection-guidance-for-commercial-residential-covid19.pdf>
- [Business and Non-Health Care Settings Guidance](https://www1.nyc.gov/assets/doh/downloads/pdf/imm/novel-coronavirus-faq-for-businesses.pdf) < <https://www1.nyc.gov/assets/doh/downloads/pdf/imm/novel-coronavirus-faq-for-businesses.pdf>
- [Non-Health Care Setting General Disinfection Guidance](https://www1.nyc.gov/assets/doh/downloads/pdf/imm/disinfection-guidance-for-businesses-covid19.pdf) < <https://www1.nyc.gov/assets/doh/downloads/pdf/imm/disinfection-guidance-for-businesses-covid19.pdf>
- [Homeless Shelter Interim Guidance](https://www1.nyc.gov/assets/doh/downloads/pdf/imm/guidance-for-homeless-shelters-covid19.pdf) < <https://www1.nyc.gov/assets/doh/downloads/pdf/imm/guidance-for-homeless-shelters-covid19.pdf>
- [Preventing COVID-19 Spread in Communities webpage](https://www.cdc.gov/coronavirus/2019-ncov/community/index.html) < <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

FOR STUDENTS & TEACHERS

For Students

The most common questions being asked are:

- *Is it safe to be on campus?*
- *When will we go back to normal?*

Here are a few resources available to help address common issues related to the ongoing lockdowns and stressors for students and new graduates.

- **Jul 12th:** Colleges and universities are gradually reopening. Please check your campus email for updates on policies and procedures for safe return to campus. Most campuses are currently requiring verification of vaccination. Some are also offering one or more of the following:
 - On-Campus vaccination (though it's STRONGLY advised to check with your physician before scheduling anything on campus).
 - Counseling services to cope with a variety of anxiety issues related to the return to campus.
 - Training for current and upcoming safety protocols.
 - The continuation of online and hybrid courses for those who are not yet comfortable returning to campus.
 - Resumed internship initiatives.
- **Jan 24th:** Colleges and universities are continuing to run online and hybrid courses with very limited face-to-face courses. New and returning students are strongly recommended to uphold the standard safety measures to prevent exposure to the virus.
- **Jan 1st:** Students who are looking for advisory support on a variety of topics related to lockdowns and pivot initiatives that affect their access to work and school are welcome to attend [Philo4Thought's Empower Today Seminar](https://philo4thought.org/events) < <https://philo4thought.org/events> series, featuring talks by a number of global and regional experts designed to help you reach your goals.
- **Dec. 21st:** Non-essential travel on public transportation and close-quarter vehicles is still not recommended despite improved sanitizing protocols.
- **Sept. 4th:** [New On-Campus Outbreaks, Bloomberg](https://www.msn.com/en-us/money/markets/campus-outbreaks-erupt-europes-hot-spots-spike-virus-update/ar-BB81C66?ocid=chromentnews) < <https://www.msn.com/en-us/money/markets/campus-outbreaks-erupt-europes-hot-spots-spike-virus-update/ar-BB81C66?ocid=chromentnews>

For Teachers

- **Jul 12th:** Colleges and universities are gradually reopening. Please check your campus email for updates on policies and procedures for safe return to campus. (Please consult with HR and your Department Chairs for specific protocols.)
- **Apr 2021:** [Instructional Design, Mentoring & Instruction During The Pandemic \(Philo4Thought, April 7, 2021\)](https://www.youtube.com/watch?v=17T_BvZ_RUA) < https://www.youtube.com/watch?v=17T_BvZ_RUA
- **Mar 2020:** [Common Pedagogical Practices: Transition to Online Instruction \(Hubspot, March 13, 2020\)](https://cde2.hubsport.net/hubfs/3808692/Coronavirus%20Student%20Affairs.pdf) < <https://cde2.hubsport.net/hubfs/3808692/Coronavirus%20Student%20Affairs.pdf>

Dissatisfied with the NYC Chancellor's failure to address concerns from K-12 Public School Faculty, Staff, Students and Parents?