



It is Mental Health Awareness Month and NKU is taking steps to [“Seize the Awkward.”](#) College can be difficult, and adding the stress associated with a pandemic can make it even more complicated. You are your student’s best resource, so don’t be afraid to have a conversation about mental health if your student’s behavior or demeanor changes. Ask your student how they are feeling. Take time to listen.

If your student seems to be having a difficult time, Health, Counseling and Student Wellness is here to help. Counseling Services are available via phone, video telehealth, or in person services as appropriate by appointment only. Please call (859) 572-5650 to schedule an appointment. In the event of a crisis/urgent matter, a clinician will be available by appointment during regular business hours (8:15 a.m. - 4:30 p.m.) at (859) 572-5650. For after hour psychological emergencies, please contact (859) 572-7777.

UPDATED LIBRARY HOURS

As you may know, after Thanksgiving break, all on campus classes will move to a virtual setting. However, Stealy Library will remain open to students during that time. Please encourage your students to check the [website](#) for updated hours.

YOUR COVID 19 QUESTIONS ANSWERED

Recently, many NKU families have had questions about COVID 19. Rose Tempel, Director of Health Services, has provided answers!

How can my student get tested on campus and is there a cost?

Student can be evaluated by a nurse or nurse practitioner by calling the Health, Counseling & Student Wellness office at 859-572-5650. COVID 19 testing currently is being done using one’s health insurance but if a student does not have insurance, we will still test them for no charge at this time. [Appointments are required.](#)

Where can my student go to get tested if it is after hours or on the weekend?

There are several Urgent Care sites near campus. Students can call any St Elizabeth Urgent Care or Bluegrass Urgent Care if they are having symptoms and want to be tested. There are a variety of places that now are open on weekends and evenings such as Kroger Little Clinics, CVS pharmacies, etc. It is recommended that one calls ahead before heading out for testing as some places are testing in cars instead of in the office.

What does my student do if they have been exposed to someone that has tested positive?

If a student had close contact (CDC defines this as being within 6 feet of someone for greater than 15 minutes, regardless of masking) with someone who is positive for COVID 19, they should avoid being with others for 14 days, and call the Health, Counseling & Student Wellness office at 859-572-5650 for quarantine instructions and

testing if needed. If the student lives in NKU University Housing, they may be moved from their room and meal delivery will be arranged.

If my student tests positive for COVID 19, what do they need to do to be cleared to return to campus?

If a student tests positive for COVID 19, they need a note from their treating health care provider stating when they are safe to return to campus, or they can get a letter from the Health, Counseling & Student Wellness office by calling 859-572-5650.

IMPORTANT DATES

October 26 – Last day to drop a class with a grade of “W”

October 29 – Priority Registration Begins

November 3 – Election Day – University Closed/No Classes

November 6 – Open Registration Begins

November 25-27 – Thanksgiving Holiday – University Closed/No Classes

November 30 – Deadline to apply for Spring 2021 Graduation

Access COVID 19 Updates [here](#).