

NSA Monthly: April 2020



HAPPY APRIL, FUTURE NURSES!

As we welcome spring and the new changes to our education, NSA is making adjustments to best help accommodate everyone. Thank you everyone for staying patient through this time. Continue reading to find out more.

In this month's issue:

- NSA membership requirement updates
- COVID-19 information
- General meeting
- Officers' contact information

Important April Dates

- 1:** General Meeting 3
- 6:** Last day to drop/withdraw from classes
- 9:** Holy Thursday (no class after 4 PM)
- 10:** Easter (no class)
- 14-17:** Fall 2020 Registration



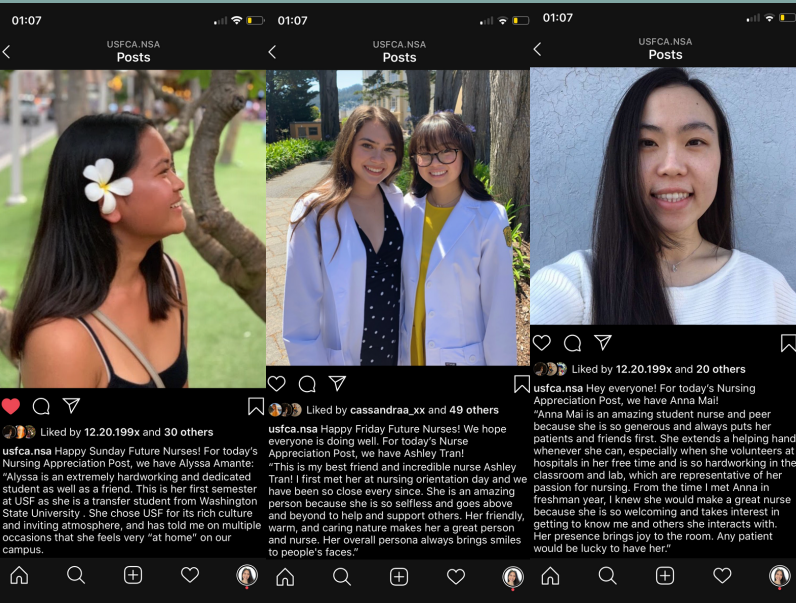
NEW MEMBERSHIP REQUIREMENTS

In lieu of everything that has been happening with COVID-19, we have made changes to our membership requirements for this semester. Please feel free to reach out to our Membership Officer, Jayden Lin, at hlin31@dons.usfca.edu if you have any questions regarding the new requirements!

- **General Meetings:** General meetings will now be conducted over Zoom! If you are unable to attend these meetings, we will be sending out the recording as well as the regular meeting minutes!
- **Membership Dues:** If you have not already paid your membership dues for this semester, we ask that you donate the \$10 to WHO's COVID-19 Solidarity Response Fund instead! Send a screen shot over to Jayden Lin at hlin31@dons.usfca.edu
- **Fundraising:** There will be no fundraising requirement for this semester. Completed fundraising requirements will be carried over to next semester.
- **Community Service Opportunities:** Required hours are now reduced from 5 hours to 3 hours. Make sure you submit screenshots of the activity you did to usfcansavolunteer@gmail.com to receive your hours! The two ways to complete these hours are listed below:

Heart-to-Heart Study Sessions

Miss your mentor/mentee and want to catch up with them? Host a study session with them over Zoom to socialize and get an hour for your NSA community service while you're at it!



Nurse Appreciation Post Submission

Spread positivity during these difficult times by giving a shoutout to an aspiring someone you appreciate! Send a picture and a little blurb of why you appreciate this person to our Publicity Officer, Lucy Wang, at lwangg6@dons.usfca.edu. Thank you to everyone who has already submitted a post!

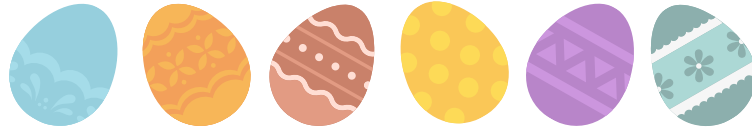
ABOUT COVID-19

According to the CDC, COVID-19 is transmitted from close person-to-person contact (about 6 feet distance). This virus is spread through respiratory droplets and can be found on surfaces that have not been cleaned. The populations who have been identified as higher risk are: people aged 65+ years of age, individuals with chronic lung disease, people who are immunocompromised, people with serious heart problems, people with severe obesity, and pregnant women.

At this time, it is important to listen to CDC and government guidelines to help protect ourselves and our communities. California has extended the shelter-in-place order to at least May 1st. In accordance to this, USF is continuing to operate under its shelter-in-place directions.

Common symptoms of COVID-19 include but are not limited to:

- Fever
- Cough
- Shortness of breath



How to Prevent the Spread:

The CDC recommends the following in helping to decrease the spread of the virus:

- Avoid being in close contact with those who are sick
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Wash your hands often with soap and water for at least 20 seconds
- Use an alcohol based hand sanitizer with at least 60% alcohol content
- Avoid social gathering of 10 or more people
- Avoid nonessential traveling
- Work and/or study from home if able to

What to do if you are sick:

- Stay at home unless for going out for medical care
- Isolate yourself from others, including those in your own home
- Avoid sharing personal items (dishware, utensils, towels, etc.)
- Call ahead before visiting your doctor
- Wear a facemask
- Cover your coughs and sneezes
- Wash/clean your hands often
- Clean surfaces often, especially ones that are often touched
- Monitor your symptoms and call your healthcare provider if your illness is worsening

Go to <https://www.cdc.gov/COVID19> to find out more information and get updates

General Meeting

Wednesday, April 1st 5:30 - 6:30
Meeting ID: 270 241 528

Join us for our first Zoom Meeting of the semester! We will be discussing the new membership requirements and answering any questions you may have in regards to our response to COVID-19. Additionally, we will be holding a Clinical Block Scheduling Q&A! Submit any questions that you may have to <https://forms.gle/mdpZuZc6Q5MduTdf6>



Cohort Representatives

If you have any feedback to the School of Nursing, contact your Cohort Representatives so your voice can be heard!

- **Freshman 2:** Norman Feng
 - nfeng4@dons.usfca.edu
- **Sophomore 1:** Melanie Thai
 - mhthai@dons.usfca.edu
- **Sophomore 2:** Whitney Smith
 - wbsmith2@dons.usfca.edu
- **Junior 1:** Tessa Garcia
 - tlgarcia2@dons.usfca.edu
- **Junior 2:** Sanam Nawin
 - snawim@dons.usfca.edu
- **Senior 1:** Tara Minaee
 - tminaee2@dons.usfca.edu
- **Senior 2:** Sami Kubota
 - stkubota@dons.usfca.edu

Contact Us

As always, please feel free to contact the officers with any questions, comments, or concerns you may have and we will do our best to address them and/or redirect you to someone who can help!

- **President:** Jenny Nguyen
 - jnguyen44@dons.usfca.edu
- **Vice President:** Christine Chu
 - cchu26@dons.usfca.edu
- **Secretary:** Serena Hua
 - sthua@dons.usfca.edu
- **Treasurer:** Sami Kubota
 - stkubota@dons.usfca.edu
- **Fundraising Chair:** Carly Feckley
 - cdfleckley@dons.usfca.edu
- **Membership Officer:** Jayden Lin
 - hlin31@dons.usfca.edu
- **Community Service Coordinator:** Kristen Chan
 - kchan22@dons.usfca.edu
- **Publicity Officer:** Lucy Wang
 - lwang96@dons.usfca.edu
- **Representative Manager:** Kalyssa Chan
 - ktchan2@dons.usfca.edu
- **Mentorship Coordinator:** Quynh Le
 - qxle@dons.usfca.edu
- **Philanthropy Chair:** Shannon Ku
 - hku@dons.usfca.edu
- **Philanthropy Chair:** Caitlin O'Grady
 - crogrady@dons.usfca.edu

VOTE FOR YOUR 2020-2021 E-BOARD

Voting for next year's E-Board is from Monday, March 30th to Friday, April 3rd. Ballots can be found in your email. If you have not received it, reach out to our Secretary, Serena Hua, at sthua@dons.usfca.edu. Best of luck to all of our candidates!