



# BACK TO COLLEGE TIPS

PARENTS CAN USE NOW TO KEEP STUDENTS SAFE AND PREPARED



The pandemic has changed what it means to go back to college. Here are 10 ways you can help your college student prepare for a safe and successful return to campus life.



## 1. COLLABORATE ON A SUPPLIES LIST

Decide with your student on what to buy and pack for their return to school. As a result of the health crisis, college bookstores and other retailers may not be stocked up on the right kind of supplies. Also, we may not be able to order online and ship to our students what they need. So, make your list and start shopping now—including face masks, thermometer, fever reducers, first aid kit, disinfectant, and hand-sanitizer. Flip-flops are an essential for safer walking in dorm common areas.

## 2. RESEARCH RENTERS INSURANCE



Make sure your student finds out if they need renters insurance for their off-campus housing. If they're living in a dorm, you can generally put your child on the family's home insurance policy.



## 3. HELP SELECT THE BEST DAYPACK

Students will now make it a habit to carry masks and hand-sanitizer. Encourage them to find a daypack that has pockets that allow quick in-and-out access for small items. They will want to keep hydrated and boost their immune system—so an exterior water bottle holder is a must. Finally, choose a pack made of material that holds up to washing and sanitizing.

## 4. TALK ABOUT SOCIAL DISTANCING



Hopefully, your student has been social distancing all spring and summer. Maybe they haven't because they've been with family and friends, whom they assume don't have the virus. Many schools and dorms will have social distancing guidelines including social distancing, COVID-19 testing, taking one's temperature daily, and wearing masks. But what about interacting with students, professors, and others outside of their dorms or residences? Ask them questions that prompt them to come up with their own solutions. Ask open-ended questions like, "What would you do if you wanted to ask someone at college to keep their six-foot distance?" Or, how would you ask them to wear a mask? Make sure your student can come up with some workable solutions.



## 5. TALK ABOUT STAYING HEALTHY

Discuss how your student plans to stay healthy while at school. For example, you could ask them: "What would you do if you're not feeling great physically?" or "Who would you reach out to if you are feeling depressed or anxious?" Make sure your student comes up with good solutions that will work. If they don't have a daily workout regimen, share suggestions for exercise, nutrition, and sleep. Ensure that they know about campus health resources and reinforce that campus mental health services can help.



STAY SAFE

IMPORTANT



## 7. RECOMMEND APPS FOR ONLINE ORDERING

Even though many states have started reopening restaurants and other retail locations, not all of them are complying with regulations to protect their customers. If they are, then sometimes their guests are not. There are numerous services like Postmates, Grubhub, and Uber Eats that make it easy to stay at home. Amazon, Target, Best Buy, and other retailers provide apps that allow you to order supplies and get whatever you need delivered and are a great way to eliminate unnecessary trips to retail locations.



## 9. ENCOURAGE YOUR STUDENT TO HAVE TRUSTED EMERGENCY CONTACTS

The Umergency App, always free for students, allows them to connect to their personal emergency contacts. In addition to choosing their parents as trusted contacts, urge them to also select a few of their closest friends at school as well as dorm staff. Your student can reciprocate by letting their friends know they're ready to help them in case of emergency. The Trusted Contacts feature is just one of the numerous life-saving tools that the Umergency app offers. For more info and to download the app, visit [www.umergencyapp.com](http://www.umergencyapp.com).

## 6. SHARE A DIY HAND SANITIZER RECIPE



If your student's hand-sanitizer runs out while at school, let them know they can make their own with just two ingredients and by using this simple recipe (link at end). Also, remember to include those ingredients on your Pandemic Supplies List—99% Isopropyl Alcohol, Aloe Vera Gel, and add a few drops of your favorite essential oil for fragrance if you'd like - along with several travel-size bottles for storage. Just follow this link: <https://bit.ly/3hMW4Pn>

## 8. HELP THEM THINK ABOUT TRAVEL LOGISTICS



Travel is a totally different experience now, whether your student is traveling by car, bus, train or plane. The CDC has a listing of how to best prepare to be safe and help protect others at: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

## 10. REINFORCE THAT YOU'RE ALWAYS THEIR SAFETY NET



Make sure your kids know that they can call you at any time of day or night. Remind them they can discuss anything with you and that no matter is ever too small or too much trouble. Let them know you will never judge them or get tired of talking to them. Tell them that you will always be there for them to provide advice or just to listen. Above all, tell them that being their parent is your utmost priority in life.

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