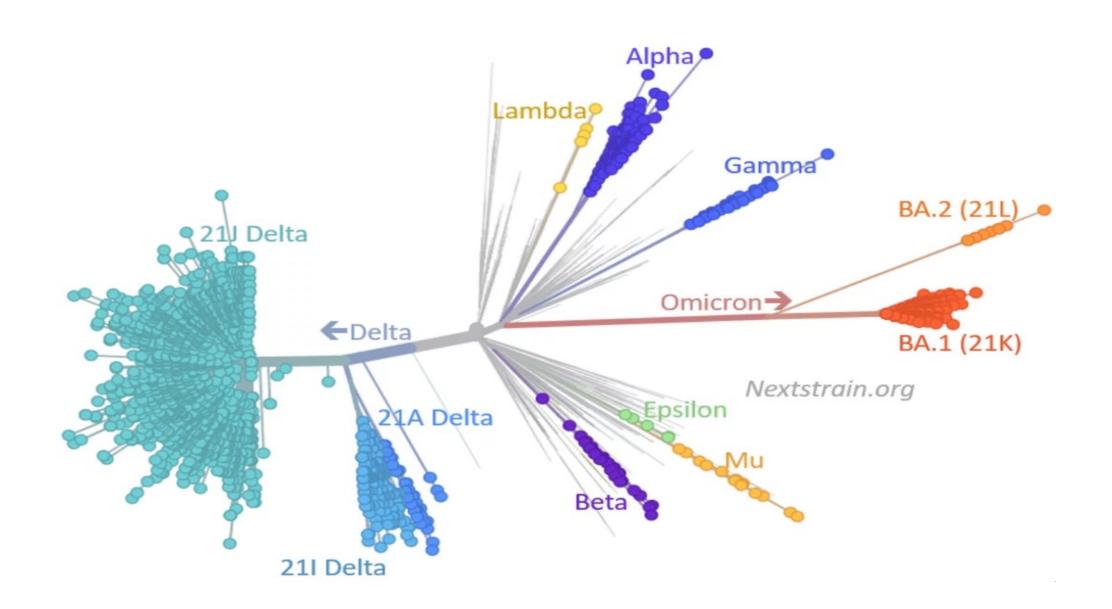
Diversity, Equity, & Inclusion (DEI) Forum

# Living with COVID: Navigating the "Post"-Pandemic Era

Lasting impacts of the COVID-19 pandemic & strategies for managing ongoing challenges

#### Daily Update for the United States





### Suggested Readings

- Morin A, Helling BA, Krishnan S, Risner LE, Walker ND, Schwartz NB.
   Surveying the experience of postdocs in the United States before and during the COVID-19 pandemic. Elife. 2022, 11, e75705.
   DOI: 10.7554/eLife.75705.
- Termini, C.M., Traver, D. Impact of COVID-19 on early career scientists: an optimistic guide for the future. BMC Biol 2020, 18, 95. DOI: 10.1186/s12915-020-00821-4
- Sifri, R. J.; McLoughlin, E. A.; Fors, B. P.; Salehi, S. **Differential Impact of the COVID-19 Pandemic on Female Graduate Students and Postdocs in the Chemical Sciences.** *J. Chem. Ed.* **2022**, *99*, 3461-3470. DOI: 10.1021/acs.jchemed.2c00412

### How Has COVID Impacted You?

- Personal Illness and/or Lasting Health Challenges
- Lost Loved Ones
- Missed Life Events Graduations, Births, Deaths, Weddings, Vacations
- Impacts on Productivity

  Caregiving Responsibilities, Restricted Access to Research Resources
- Mental Health Burden
- New Opportunities
   Virtual Conferences & Seminars, Flexible Work Formats, Increased
   Global Outreach & Interaction, Access to Telehealth
- What else????

# How Have Impacts Been Felt Unevenly?

- Gender identity
- Family/Marital status
- Visa/Immigration/Citizenship status
- Career stage
- Health status (Immunocompromised etc.)
- Socioeconomic background
- Geographic proximity to loved ones

# Current University COVID Policy

#### Face Masks

Effective immediately, <u>masking will no longer be required</u> on University campuses or on University transportation/shuttles. The face mask tier system of determining mask wearing indoors will also be discontinued; however, since masking is still an effective method to prevent the spread of COVID-19 and many other contagious illnesses including the flu, we expect people who are experiencing symptoms of COVID or other contagious illnesses to isolate if possible, and wear a well-fitting mask if isolation is impossible. We continue to encourage anyone who chooses to wear a mask to do so. It is important to remember that masking is a personal choice, and no individual should be shamed or ridiculed for choosing to wear one.

#### **COVID** reporting

We are also pausing the <u>requirement that students report symptoms or positive COVID-19 tests to UHS</u>. Instead, we continue to encourage everyone to stay up to date with their vaccinations and boosters, and we expect you to take proactive steps, as described above, to protect those around you if you are sick or have symptoms of COVID or other infectious illnesses. Students can continue to pick up a free COVID test kit at Rush Rhees Library, the Goergen Athletic Center, the Student Living Center at Eastman, and at any UHS office.

# What are you willing to do?

- Wear a mask when indoors?
- Wear a mask if asked explicitly?
- Get vaccinated and/or boosted against COVID?
- Go to a crowded bar on a Friday night?
- Spend extended time near someone who has COVID?

### Scenario 1

John lives at home with his immunocompromised partner. He always wears a mask and is extremely cautious. One cold winter night, he sees a video posted on social media by another member of lab, Taylor, whom John sits next to. Taylor is in a crowded indoor environment, right as a new variant has been spreading rapidly. John is worried about sitting next them the next day. How should John proceed?

### Scenario 2

Sam feels intense pressure as a graduate student. Sam's advisor has told them multiple times that they are not meeting expectations for research productivity. After spending a weekend at home, Sam returns and takes a rapid COVID test. They are shocked to see a positive test result. However, Sam is asymptomatic and fears a week of quarantine would set them back immensely. What should Sam do?

### Scenario 3

Kelly is an undergraduate student in her second year. She is ecstatic as she was just offered a spot in a research lab. She has been paired with a senior graduate student, Hayley. One day in lab, Kelly overhears Hayley mention that they tested positive for COVID but think that COVID is a hoax. Kelly is worried—Hayley refuses to wear a mask—but fears that any disagreement with Hayley could puta strain on their work relationship. How should she proceed?