

The Economics Department has the utmost concern for your continued safety and well-being. Please see the various resources below and contact Amy ([aed2152@columbia.edu](mailto:aed2152@columbia.edu)), Angela ([ar10@columbia.edu](mailto:ar10@columbia.edu)) or DGS Kartik ([nkartik@columbia.edu](mailto:nkartik@columbia.edu)) or Chair Urquiola ([msu2101@columbia.edu](mailto:msu2101@columbia.edu)) if you have questions or concerns.

- If you are feeling unwell and would like to be evaluated, contact [Columbia Health](#) (212-854-7426).
- A student who potentially has Covid-19 can email [response@columbia.edu](mailto:response@columbia.edu), which was set-up specifically for messages related to the health crisis. The [Resource Guide for the Columbia Community](#) provides [health guidance](#) and preventative measures. Columbia's [Preparedness](#) website has a recent [Coronavirus FAQ list](#), including on testing and treatment. See also the [CDC recommendations](#) of what to do if you are sick.
- It is imperative that you self-isolate if you have any concern that you may have Covid-19. [Learn more about self-isolation on the Columbia Preparedness website](#). We have been advised that in most cases, one should be able to manage in one's apartment. However, if you are unable to self-isolate, you should reach out (either to the above department contacts, [response@columbia.edu](mailto:response@columbia.edu), or to [Columbia Residential](#)) so that you can be reassigned to make that feasible. If you need assistance with arranging delivery of medication, food, or other essentials, reach out to one of the department contacts and we will try to help.
- Many hospitals are offering virtual chat instead of ER or doctor visits, including [NY-Presbyterian](#) and [Mount Sinai](#). These can be good options, but note there may be charges that vary with your insurance.
- Students enrolled in the Columbia University Student Health Insurance Plan have coverage for hospitalization, including Covid-19. There is a dedicated page on the Aetna Student Health Website as well as copies of the plan materials – <https://www.aetnastudenthealth.com/en/school/704502/index.html>. Students with specific questions can reach out to the student health insurance office via [studentinsurance@columbia.edu](mailto:studentinsurance@columbia.edu)
- These are difficult times. Here are some [coping tools \(self-help and crisis resources\)](#).
- [For housing concerns related to Covid-19, visit the Columbia Residential website.](#)
- If you need delivery of supplies, such as medication or groceries, there are various online services (e.g., Whole Foods, Instacart). They may not have immediate delivery windows, so it is best to plan in advance. You can also try calling Hartley's Pharmacy [212-749-8480] directly; they may be able to delivery on shorter notice. TaskRabbit ([www.taskrabbit.com](http://www.taskrabbit.com)) also offers a variety of pick-up and delivery services. In the event of an emergency, Invisible Hands is a group of volunteers in NYC offering free safe deliveries of groceries, supplies, etc to elderly, immunocompromised, and at-risk people. You can submit a request to them at [invisiblehandsdeliver@gmail.com](mailto:invisiblehandsdeliver@gmail.com) or call 732-639-1579.

Please take care of yourself.