



March 25, 2020

Dear JCU Students,

We hope your week is going well and that you are adapting to remote learning. If you are finding it more challenging than you expected, try not to panic: anxiety and feelings of stress are perfectly normal reactions during times of change. Even if you are managing to complete your assignments, you may be finding it difficult to maintain your usual focus. Whether you are experiencing daily low-level frustration or deeper feelings of isolation and worry, the Office of Health & Wellbeing continues to extend our services to you, supporting you during your studies and promoting your overall wellbeing.

You might notice that, in some cases, we have adapted the method by which we connect you to our resources. If you have any questions, please contact us at health@johncabot.edu. You can also follow the Health and Wellbeing Office on Instagram [@jcuhealth](https://www.instagram.com/jcuhealth) for advice, information, and updates to help you safeguard your physical and mental health.

Autodichiarazione (Self-Declaration) To Use In Italy

For those in Italy, there is a new [Self-Declaration](#) (published 23 March 2020) that all persons leaving their house must use: Valid reasons to leave the house are for food shopping, a medical appointment, essential work purpose, or other vital need. You must fill-out this form and carry it with you at all times when out of the house. See the end of this message for the English translation.

Physical Wellbeing

1. For Those in Rome Experiencing Flu-like Symptoms

If you are experiencing flu-like symptoms while in Rome, you must call the JCU Emergency Number immediately and provide details: **(+39) 331 656 1907**

In a new initiative, Lazio authorities have launched the app **LAZIOdrCovid** that you should download if:

- You are currently in Lazio and are a resident of the region;
- You have a local General Practitioner;
- You have come into contact with the Covid-19 virus OR you are experiencing a cough, fever or muscular pain.

You will be asked to input your name, e-mail address, phone number and codice fiscale, and then sign a privacy notice.

Follow the instructions that will be sent to the e-mail address you provide.

2. **Doctors**

Our on-call doctor, Dr. Andrea Guerriero, remains available via text message and phone call at **(+39) 320 406 5709**. JCU's on-campus doctor's hours are currently suspended.

3. **Athletics**

The JCU Athletics Department continues to offer resources and support for maintaining your fitness with fitness classes and tips, particularly during these times when gyms are closed and we are practicing social distancing by staying home more often.

Contact **athletics@johncabot.edu** for program details, and follow the department's Instagram account **@JCUgladiators**.

Mental Health

1. **Counseling**

To speak to a JCU counselor, you can send an e-mail to counseling@johncabot.edu. You will then be contacted to schedule a remote session using the application **VSee or Zoom**. Both apps are easy to use and HIPAA compliant.

2. **Psychiatry**

For those in Rome, if you need to refill a prescription or meet with a psychiatrist, you can contact **counseling@johncabot.edu** and specify that you require a psychiatric appointment rather than a counseling session. The evaluation may be conducted remotely or in-person (respecting the Italian government guidelines for limiting the spread of the Covid-19 virus).

Emotional Support

To speak with an accredited English-speaking counselor, you can also call the helpline provided by our partner Mondo Equilibrio. Write them at info@mondoequilibrio.com to set-up an appointment based on your request. For urgent needs, you can call to speak with an operator.

- From an Italian phone number call **800 969 239** toll free
- From an international cell or if you are outside of Italy, call **+44 20 7938 0870**

The line is open 24 hours a day. If a counselor is not immediately available when you call, you can set up a time to speak. You can use this service as many times as you need, free of charge, simply tell the responder that you are a student of John Cabot University.

Spiritual Guidance

The JCU Chaplain, Father Riccardo Lufrani, remains available via remote sessions. He is reachable via e-mail at lufrani@icloud.com and on Skype at [fra-riccardo](https://www.skype.com/en/contacts/voice/fra-riccardo). He is available for a friendly chat or spiritual guidance, and speaks Arabic, English, French and Italian. **All faiths and backgrounds are welcome.** For more information, write to religiouslife@johncabot.edu

Please get in touch if you have questions about any of the services we continue to offer.

Take care,
Roman Clark

SELF DECLARATION IN ACCORDANCE WITH ARTICLES 46 AND 47 OF PRESIDENTIAL DECREE NO. 445/2000

I, the undersigned, _____ born on ____ / ____ / ____
in _____, resident of _____
in Via _____, identified by _____ (document type),
document number _____, phone number _____, aware of
the penalty for any false declaration made to public officials (Penal Code art. 495)

HEREBY DECLARE ON MY OWN RESPONSIBILITY

- that I am aware of the measures in place for containing the spread of the virus, as provided by:
 - art. 1 of the Prime Minister's Decree of March 11, 2020, art. 1 of the Prime Minister's Decree of March 22, 2020, art. 1 of the March 20, 2020 Ordinance of the Ministry of Health concerning the restrictions on the movement of natural persons within the whole national territory;
 - that I have not tested positive for the COVID-19 virus and that I have not been placed under quarantine, as provided in art. 1.1c of the Prime Minister's Decree of March 8, 2020;
 - that I am aware of the measures in place as set out by art. 4.2 of the Prime Minister's Decree of March 8, 2020, in conjunction with art. 3.4 of Decree Law No. 6 of February 23, 2020, for cases of non-compliance with the aforementioned measures for containing the spread (art. 650 of the Penal Code, except where such offences constitute more serious crimes);
- that movement began at _____
(INDICATE STARTING ADDRESS) and will end at _____
(INDICATE DESTINATION);
- that movement is determined by:
 - proven work commitments;
 - utmost urgency ('for traveling to a different municipality' as set out by art. 1.1b of the Prime Minister's Decree of March 22, 2020);
 - necessity (for movement within the same municipality as set out by art. 1.1a of the Prime Minister's Decree of March 8, 2020 and by art. 1 of the Prime Minister's Decree of March 9, 2020);
 - health grounds.

In light of this, I hereby declare that

(I WORK IN ..., I MUST ATTEND A MEDICAL VISIT ..., I AM RETURNING FROM ABROAD, OTHER SPECIAL CIRCUMSTANCES... ETC.)

Date, time and place where the check is performed

Signed

Office of Health & Wellbeing
John Cabot University
Via della Lungara, 233
00165 Rome, Italy
Direct Line (+39) 0668191 345
rclark@johncabot.edu