Dear Center for Global Engagement Students,

Greetings from the Center for Global Engagement (CGE). As you know, San Francisco State University suspended in-person classes on Monday, March 9th. All instruction has been conducted remotely (online) since March 16 and this will continue through the end of the spring semester.

Given the rapidly developing situation however, all student advising at CGE will be conducted over the phone, by Zoom, or by email. The physical CGE Office in Humanities 101 is not open. This will remain in effect until April 7. We will update you with any future changes. Please know that this decision is to decrease the spread of COVID-19 and the issued shelter-in-place orders for San Francisco and surrounding counties.

To receive advising, you can choose from these two options:

1) Sign up for phone or Zoom advising — ลงทะเบียนในการบริการผ่านทางโทรศัพท์ หรือ ผ่านโปรแกรม Zoom โดยผ่าน email celglobal@sfsu.edu พร้อมรายละเอียดต่อไปนี้
   • To sign up for phone or Zoom advising, e-mail celglobal@sfsu.edu and share:
     o Your name and SFSU ID --- ชื่อ-นามสกุล พร้อมหมายเลขประจำตัวนักศึกษา
     o Your phone number (U.S. phone number preferred) or Zoom e-mail address - -- เบอร์ติดต่อใน ประเทศ สหรัฐอเมริกา หรือ Zoom email
     o A short summary of your concerns and/or questions -- หัวข้อ และ
       คำถามที่ต้องการความช่วยเหลือ
     o A specific time during that day you are free to talk -- เวลาที่สะดวกในการติดต่อกลับ

2) Email your questions to celglobal@sfsu.edu
d้วยทาง email
   • You are highly encouraged to email us any questions you have at celglobal@sfsu.edu
For any other information, please visit our the CGE website and CGE Student Forms. For any other information, please visit our the CGE website and CGE Student Forms.

If you have an emergency or something urgent, call 415-254-1473 and a CGE staff will help you.

If you are at your home (off-campus) you should reach out to your “primary care provider” or “urgent care” on the phone for advice.
If you have SF State or ALI health insurance (called Relation) you can look up “primary care provider” and “urgent care” on the [Aetna website](https://www.aetna.com). If you need help with this please email celglobal@sfsu.edu and we will help you.

What should I do because I feel lonely, scared or depressed because of COVID-19 and sheltering at home.

There is help for you. Contact Counseling & Psychological Services (CAPS) (415-338-2208) to schedule an appointment.

How to use your SF State Health Insurance การใช้สิทธิประโยชน์ของประกันสุขภาพของทาง SF State

1. ALI students: How to print your insurance card: click "Member Portal"
2. Certificate/Sem @ students: How to print your insurance card: click "Member Portal"
3. How to find a doctor

For more updated information, visit the [SF State News on Coronavirus Updates](https://www.sfsu.edu/news/coronavirus) ติดตามข้อมูล ข่าวสารเกี่ยวกับการป้องกันการระบาดของโรค และมาตรการต่าง ๆ ของมหาวิทยาลัยที่ เว็บไซต์ SF State News on Coronavirus Updates

Please let CGE staff know if you have any questions. Thank you.

Sincerely,

The Center for Global Engagement
College of Extended Learning
San Francisco State University
Shelter-In-Place Basic Information

**OPEN**

- Grocery Stores
- Restaurants (to-go only)
- Coffee & Tea Shops (to-go only)
- Delivery Services
- Banks
- Hospitals, Doctor Offices
- Parks
- 911 Services (Police, Fire, Ambulance)

**CLOSED**

- Gyms
- Movie Theaters
- Clubs, Bars

To stay healthy, things you can also do outside:

- Go for a walk
- Go running (Exercise)
- Go for a hike

You may walk or hike with a friend, but MUST maintain 6 feet (1.8 meters) distance.

Remember To:
- Wear a mask
- Practice social distancing
- Wash hands frequently
- Avoid large gatherings
Ordering Food for Delivery

**Restaurants:** Many restaurants will delivery to you using various delivery services, such as DoorDash, UberEats, Grubhub, Caviar, etc. If you search a restaurant online, the available delivery services will be shown as well (see below example)

**Grocery Stores:** You can also have groceries delivered from your local grocery store. InstaCart, GoodEggs, and Amazon Fresh are popular apps and delivery services you can use.