



## President Mary Gallagher

As we continue to reimagine what our educational landscape looks like due to COVID-19, our District has updated some of their policies on vaccinations and testing. I want to share with you the most recent District guidelines so that any student who wishes to visit our campus will be aware of vaccination and testing mandates.

**If you plan to visit LACC, or any other LACCD campus, please be sure you get vaccinated and tested by the listed due dates.**

**1.** Biocept and Cleared4 have taken over COVID-19 Testing and Screening operations at LACCD including LACC. This replaces the LACCSafeApp self-check-in process.

**2.** Cleared4 will text and/or email each student with a unique link where you can create a profile in their database.

**3.** Every student who comes to campus for any reason is required to **create a profile account and get a baseline test from Biocept by Friday, October 8, 2021.**

**4. Prior to October 18, 2021,** all students who plan to be onsite, for any amount of time and for any reason, at any college or District facility, must:

- **Upload your vaccination information**
- **Or submit a medical or religious exemption request** that has been approved by the District

• If granted an exemption, you must be tested at least once weekly on an LACCD campus or the District Office by Biocept.

**5.** Cleared4 will send a daily reminder to complete the quick self-health check in required daily before coming to campus. If you are having difficulty checking in, please contact [covidcolleges@biocept.com](mailto:covidcolleges@biocept.com)

**6. If you do not complete the required steps by October 8 or October 18, you must contact the Office of Student Services.**

**7.** Only visitors to our campus, not students or employees, will continue to use the original district online check in.

**Vaccinations are available to students at the Student Health Center Monday through Friday, 10am to 2pm through October 15, 2021.** Family members and friends of the LACC community can get vaccinated at Wesley Health Center on Vermont across the street from campus.

I want to thank each of you for your cooperation and patience as we continue to transition and navigate new challenges together.



## Upcoming Events at LACC

**Student Workshop: Meet Your New Superpower...**  
October 5, 12:30pm

**Student Resource Fair**  
October 6, 12:00pm

**Career Workshop: Balancing School and Life**  
October 13, 2:00pm

**BELIEVE**  
LOS ANGELES CITY COLLEGE  
The City's College. **ACHIEVE**  
**SUCCEED**

# Resources for Students

As we continue to navigate the ongoing challenges of COVID-19, many students need assistance with basic necessities. This month we are highlighting local food banks and resources for food insecurity.

## Food Oasis Pantry Locator

This tool shows all the food pantries in your area and gives directions.

## Los Angeles Regional Food Bank

The Food Bank locator shows a map of pantries near your residence.

## California Association of Food Banks

This food bank network works to ensure that vulnerable communities have consistent and safe access to nutritious food.

## CalFresh Emergency Application

Students and families with low income can access CalFresh benefits to put healthy and nutritious food on the table.

**My Friends Place** offers to-go meals.



## Hollywood Food Coalition

Free packaged evening meals are being provided. No seating available. 6:15 p.m. – 8 p.m. 5939 Hollywood Blvd. - (323) 462-2032

## Food Pantry at Blessed Sacrament

The Food Pantry at Blessed Sacrament distributes groceries, call or email for schedule. 6657 Sunset Blvd, LA, CA 90028.

**L.A. LGBT Center** offers to-go meals.

## Dream Center Food Truck

For locations call or email: (213) 273-7042  
foodtruck@dreamcenter.org

# City Cares Network

Need assistance with textbooks, food, transportation, housing and other college and living expenses?

**City Cares Network connects students with these essential resources:**

- Textbooks and Course Materials
- Food Assistance
- Housing and Utility/Wifi Assistance
- Transportation Resources
- Chromebooks
- Health/Wellness Services
- and other Academic and Support Services

**Complete the online form to request resources.**

## Need help completing the form?

Contact Lupe Martinez at  
marting11@lacitycollege.edu.

## Anxious about making ends meet while attending LACC?



**An estimated 2 out of 3 students at LACC are experiencing this too.**

# Tips on Going Back to In-Person Learning

As we continue to offer both in person and online classes, it is important for everyone to consider the health and well-being of our LACC community. The Centers for Disease Control and Prevention (CDC) has offered some tips on going back to an in-person learning environment.

## Take COVID-19 Seriously

Students benefit from in-person learning, but it is important to also make sure to ensure everyone is following CDC guidelines. **CDC has COVID-19 specific resource for Colleges and Universities.**

## Routine Vaccinations Save Lives

**Getting required vaccines** can help protect students from getting severely ill from COVID-19 and variants. Making sure you get vaccinated is one of the most important things you can do.

## Washing Hands Stops Germs

**Handwashing with soap and water** is one of the best ways to remove germs, avoid getting sick, and prevent the spread of colds, flu, and other diseases to others.

## Eat Well, Be Active, and Get Enough Sleep

Make sure to drink plenty of water, limit sugar and practice healthy eating at home and college to help achieve and maintain a healthy weight and to support brain function. It's also important to get the recommended 60 minutes or more of daily physical activity, as well as the right amount of sleep every night.

## Be Tobacco Free

Use of any tobacco product is unsafe. Tobacco products contain nicotine which is highly addictive and can harm the brain – specifically the areas of the brain that are responsible for learning, memory, and attention. For help to quit, you can talk with your healthcare provider.

## Stay Cool When Exercising

Wear and reapply sunscreen, seek shade, drink plenty of water, and know how to prevent heat-related illness during physical activity.

Healthy students are better learners. Following these health tips if you are returning to campus in winter or spring can lead to a successful and healthy school year.



Photo by Gift Habeshaw

