

COVID-19 (Coronavirus)

Resources for graduate students and postdoctoral scholars in isolation/quarantine

Below is a collection of resources that may be helpful to members of our community currently facing isolation or quarantine. The services listed here are not managed nor officially endorsed by the University and provided here in the hope that students unfamiliar with our local region may be assisted in getting the resources they need.

Western University Advice/Information

[International and Exchange Student Centre @ Western](#)

[Western University COVID-19 Updates](#)

[Student Support and Case Management](#): For non-health related inquiries from Western Students, a division of Student Experience. Phone: 519-661-2111 x89152 email: sscm@uwo.ca

[Workplace Health and Wellness](#): For non-health related inquiries from staff; part of Human Resources at Western.

Health Advice

[Middlesex-London Health Unit](#): Chief medical office for Region where Western Resides.

[Ontario Public Health](#): Provincial agency for health promotion and protection.

[City of Toronto](#): Useful advice page included here because it is very user-friendly. Some content is specific to Toronto.

[Student Health & Wellness](#): Contact office for health-related inquiries from Western students. Part of Student Experience phone: 519-661-3030 email: health@uwo.ca

Emotional Support by Telephone

[Good2Talk](#): A free, confidential support service for post-secondary students in Ontario. Good2Talk is 24/7. Call 1-866-925-5454 or Text GOOD2TALKON to 686868 to speak to a trained responder anonymously and get support.

Groceries

[London Volunteer Task Force](#): Western Student Volunteers delivering groceries to people in isolation.

[Grocery Guy](#): Local grocery delivery service.

[Loblaws](#): Large grocery store offering delivery in London. Website is slow due to high traffic. Membership/enrolment (free) may be required.

[On the Move Organics](#): Local London organic food delivery (see [Facebook Page](#) for updates).

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Groceries (continued)

Food Fund: Grocery delivery service NOTE: Delivery in London on Saturday between 8:00 a.m. and 12 noon. Ordering deadline for each week is Wednesday night at 11:59 p.m. but the vendor requests orders come in as soon as possible for Saturday delivery.

London Drugs: A western Canadian retailer (stores only in other provinces) with options for some food item delivery in various Canadian cities.

Grocery Store Pick-Up Options

For those without other options, some Canadian grocery stores have “pick up” services, where you order online and the selections are ready for you to pick up. While not ideal people in isolation/quarantine, you may be able to have a friend or family member pick up your order and deliver it to you from one of these vendors:

Metro Grocery Store: Orders may include some pharmacy items (such as some medicines that do not require doctor’s prescriptions). London delivery is not available at this time.

Walmart Grocery Pick-Up: Orders may include some pharmacy items (such as some medicines that do not require doctor’s prescriptions). London delivery is not available at this time.

Zehrs Grocery Store Pick-Up: Part of the Loblaw family of stores. London delivery may also be available at this time but using a different link (see above).

Entertainment and Learning Ideas

Virtual Museums: List of Museum sites that offer excellent online experiences.

Employment Skill Development: Western University website in collaboration with LinkedIn.com providing skill development from home.

Coursera: Free online learning; Note that some courses require payment. This organization is not run by Western.

EdEX: Free online learning; Note that some courses require payment. This organization is not run by Western.

Children’s Learning and Entertainment

Scholastic Learning: Respected North American educational company offering free access during this period.

TVO Kids: Games, shows and activities based on Ontario school curriculum.

PBS Kids: Online games, shows, and activities for children.