

THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

2020-2021

# MOVE-IN GUIDE

STUDENT HOUSING AND RESIDENCE LIFE



# WE ARE VERY EXCITED TO WELCOME YOU TO THE UNIVERSITY OF ALABAMA AT BIRMINGHAM!

**To help make your transition to on-campus living as smooth as possible, we have gathered some basic information for move-in.**

*\*Check your UAB email throughout the summer for important information about living on-campus.*

## DATES & DEADLINES

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### FRESHMEN BUILDING & ROOMMATE ASSIGNMENTS

Continue to check your UAB email for updates. Our office is working diligently to get assignments out as soon as possible.

### HOUSING MOVE-IN | AUGUST 19 - 23

Check your UAB email for information about Housing move-in.

# VIEW RESIDENCE HALL FLOOR PLANS AND PHOTOS ONLINE!

[WWW.UAB.EDU/STUDENTS/HOUSING](http://WWW.UAB.EDU/STUDENTS/HOUSING)

## ROOM DETAILS:

### WALLS AND CEILINGS

Do not insert any items (flat panel TVs, hooks, nails, etc.) into the walls or ceilings of your room. You can hang posters or paper items on the walls and ceilings with white sticky-tack or blue painters tape.

### SECURITY

Whenever you leave your room (even for a few minutes), lock your door. Your hall and room are as safe as you make them. Also, be sure to write down the serial numbers for all electronic devices that you bring and store that list in a safe place.

### PAYING FOR HOUSING

Your semester housing charges will be placed on your student account along with tuition and other fees. Fall charges are posted to student accounts in late July. Information about payment deadlines is available at [uab.edu/wheretopay](http://uab.edu/wheretopay).

## UTILITIES INCLUDED:

- Electricity & Water
- Heating & Air
- Cable Television Service
- Ethernet and Wireless Network Connections
- Free Online Streaming Movie Service
- Free Laundry Swipes - 6 per week

## YOUR ROOM WILL INCLUDE:

- Furniture - one per resident
- Twin XL bed + Mattress
- Dresser
- Desk + Chair
- Closet

# BEFORE YOUR ARRIVAL - COMPLIANCE

**Before arriving to campus, all UAB residential students must complete the following:**

- COVID 19: Fall 2020 Basic Safety and Awareness Course (above)
- Experience Student Housing and Campus Dining Course
- Healthcheck (which is included in the Basic Safety and Awareness Course)
- COVID Testing (which will be established via email from Guidesafe through which scheduling will take place for testing)

**GET TESTED FOR COVID -19** - UAB is providing free testing. Details will be emailed to students individually. You should be tested no sooner than 14 and no later than 3 days PRIOR to your planned arrival on campus.

## WHAT DOES THIS MEAN?

EX: Arrival August 19 | Tested no earlier than August 5 and no later than August 16.

If your tests results are positive, you must remain home and cannot return to campus until you are cleared by UAB Student Health.

## OFF-SITE TESTING

Students can go to their primary car provider or another testing site. The student must cover this cost. The student must provide UAB Student Health Services a copy of their negative results via the secure patient portal. Students can access your portal on the Student Health Services website with their Blazer ID and password. Select the “Messages” tab and then upload the documentation to “Coronavirus Lab Results.”

**For more information about testing and entry, please visit [uab.edu/uabunited](http://uab.edu/uabunited)**

**All residential students must complete all of the required modules, and have a negative COVID test result before arriving to campus. Students who are not in compliance with meeting all of the entry requirements will not be permitted to move into their residence hall.**

# BEFORE YOUR ARRIVAL

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## PICK-UP YOUR ONE CARD

- Make sure that you have your UAB ONE card. Your ONE Card will be mailed to you. Your ONE card is your student ID and you will need it to check into your room, for entry into your residence hall, and to use your Meal Plan and Blazer Bucks.

## CONTACT YOUR ROOMMATE

- After you know who your roommate is, think about what items you will share and who will bring them (TV, appliances, cleaning products, etc.).

## RES NET (RESIDENCE HALL WIFI)

- For information about ResNet, Student Housing's internet provider, visit [www.myresnet.com](http://www.myresnet.com).

## TRANSPORTATION OPTIONS

- Register your bike and pre-order your bike permit at [www.uab.edu/transportation/students/bike-on-campus](http://www.uab.edu/transportation/students/bike-on-campus). Looking to have a car on-campus? Pre-order your parking permit at [www.uab.edu/parking](http://www.uab.edu/parking). Take time to familiarize yourself with the UAB Blazer Express, Birmingham Max bus route, or Zyp BikeShare.

## ATTEND YOUR FLOOR MEETING

- Continue to check your UAB email for an email from your Resident Assistant (RA). Your RA will welcome you to the floor and provide details for your first floor meeting.

**MAKE SURE ALL ITEMS ARE PACKED IN BOXES OR REUSABLE TOTES  
AND ARE CLEARLY LABELED WITH YOUR NAME, RESIDENCE HALL, AND ROOM NUMBER.**

- 1 You can help make this a great experience by reviewing the information we send you and ensuring you have done everything before you get to campus.
- 2 Move-in is structured around individual assigned move-in times to adhere to social distancing guidelines. Please adhere to your move-in time.
- 3 Cardboard boxes are preferred to plastic containers so they can be broken down and stored under the bed.
- 4 We recommend not throwing boxes away so they can be quickly re-assembled and packed for move out.
- 5 Students will have one hour to unload their car and move belongings into the building. Set up may take as long as you need, but please be aware that other students will need elevators for moving in and consider using the stairs. Volunteers will not be provided this year.
- 6 Please make every effort to pack in one mid-size vehicle to limit traffic and congestion.
- 7 Check-in at the lobby of your building with your UAB ONE card.
- 8 Complete your electronic room condition within 48 hours.
- 9 Please adhere to social distancing guidelines. Masks or face covering are required.

PLEASE PACK AND BRING ONLY ESSENTIAL ITEMS. WE WILL PROVIDE A LIST OF SUGGESTED ITEMS, AS WELL AS APPROVED CLEANING AND DISINFECTING PRODUCT RECOMMENDATIONS.

## ADDITIONAL INFORMATION

- Students will have one hour to unload their car and move belongings into the building. Set up may take as long as you need, but please be aware that other students will need elevators for moving in and consider using the stairs. Volunteers will not be provided this year
- Students will be required to move out in the fall (by November 20) - plan and pack accordingly
- We recommend limiting refrigerated and frozen items to align consumption with the end of the semester.
- Some items may be purchased locally to minimize transporting and unloading essential items
- Please do NOT bring home-made headboards, bed risers, lofts, mini refrigerators, book shelves, other bulky/over-sized items - in the event campus closes in response to the pandemic - efficiency counts!

## PACKING

Unless you are planning to remain on campus between November 21 and January 8 (additional room and meal plan charges will apply), you must plan to take your belongings home with you at the Thanksgiving Break. In the event circumstances related to the pandemic escalate during the holidays, our residence halls may be needed for supporting other areas on campus or the community. It is essential that we make the necessary and prudent effort to be prepared. Students who remain on campus will also have to relocate to another hall for the break. Your space will be held and you will very likely be in the same space for spring. For these reasons, we strongly encourage you to bring the most essential items needed for you to be comfortable and successful in fall. As a general guideline, if it doesn't fit in the trunk and backseat of one vehicle, leave it at home. This will make the Move In and Move Out process quick, efficient, and safe.

## SHIPPING BOXES

**Students may ship up to four (4) boxes - No larger than 18" X 18" X 24" to:**

**Student Name**

**Student Residence Hall**

**506 10th Street South**

**Birmingham, AL 35233**

**Shipped boxes may be delivered beginning July 20th through August 18**

**STUDENT HOUSING WILL PICK UP AND DELIVER BOXES TO YOUR ASSIGNED ROOM**



# WHAT TO BRING

## LINENS/LAUNDRY SUPPLIES

- SHEETS AND PILLOWCASES (2 SETS/XL TWIN)
- TOWELS
- PILLOWS
- MATTRESS PAD (XL TWIN)
- BLANKETS
- COMFORTER
- LAUNDRY BAGS/BASKET
- CLOTHES HANGERS
- LAUNDRY DETERGENT & STAIN REMOVER

## STUDY/OFFICE SUPPLIES

- ELECTRONIC STORAGE - FLASH DRIVES
- NOTEBOOKS
- FOLDERS W/ POCKETS
- STICKY NOTES
- PAPER/BINDER CLIPS
- HIGHLIGHTER PENS (MULTIPLE COLORS)

## HEALTH

- ASPIRIN/PAIN RELIEVERS/MEDICATIONS
- VITAMINS
- ADHESIVE BANDAGES/ANTIBIOTIC OINTMENT
- COUGH DROPS
- THERMOMETER

## ELECTRONICS

- LAPTOP (PRINTER OPTIONAL)
- HDMI CORD
- ETHERNET CORD (FOR COMPUTER. ALL ROOMS HAVE WIRELESS)
- SURGE PROTECTOR
- EXTENSION CORD
- DEVICE CHARGERS

## SHARED ITEMS - CHECK WITH ROOMMATES

- AUDIO EQUIPMENT
- TV/MONITOR
- MICROWAVE (RAST/CAMP/BLAZER)
- POSTERS/ART
- REMOVABLE ADHESIVE STRIPS

## MISC

- UMBRELLA/RAIN COAT
- BACKPACK
- MINI TRASH CAN
- KITCHEN TRASH CAN
- HAND SANITIZER

## CLOTHING

- PACK FOR WARM WEATHER
- HEAVY SWEATERS AND OVERCOATS ARE BULKY AND NONESSENTIAL UNTIL EARLY NOVEMBER

## HOUSEHOLD/KITCHEN

- TRASH BAGS
- LIGHT BULBS
- ALL PURPOSE CLEANER
- PLASTIC STORAGE BAGS
- DISH SOAP
- DISINFECTANT WIPES
- DISINFECTANT SPRAY
- TISSUES/TOILET PAPER
- COFFEE MUG
- WATER BOTTLE
- CAN/BOTTLE OPENER
- CUPS/PLATES/BOWLS
- UTENSILS

## WHAT NOT TO BRING

- TOASTER OVEN
- TOASTER
- ANY OPEN COIL APPLIANCES
- HALOGEN LAMPS
- MEDUSA LAMPS
- EXTRA BED/MATTRESS
- INCENSE/CANDLES
- FIREWORKS
- ALCOHOL
- DRUGS/DRUG PARAPHERNALIA
- WEAPONS
- PETS
- CHARCOAL/GAS GRILL



# COVID-19 COMMUNITY STANDARDS

**Every residential student has a vital role to play in reducing the spread of the novel coronavirus (COVID-19) and keeping our campus community safe. The good news is that you're probably already familiar with these simple actions that can greatly reduce transmission of the virus.**

## GENERAL HEALTH AND SAFETY

The Centers for Disease Control and Prevention (CDC) says that patients with confirmed COVID-19 infection have reported mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell

Keep in mind these health and safety tips:

- Avoid contact with people who are sick
- Avoid using elevators if possible
- Practice physical distancing at all times
- Wash your hands regularly, particularly after touching common surfaces. If you do not have access to soap and water, use a hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose, and mouth
- Wear mask/face coverings
- Complete your HealthCheck as required
- Participate in sentinel testing when asked. This testing also helps the university in our research efforts related to coronavirus
- If you feel sick or experience any of the above symptoms, note it in your HealthCheck assessment OR contact Student Health for a consult
- If you feel sick or experience any of the above symptoms, do NOT expose others - distance yourself, and WEAR A MASK

**Sentinel testing is voluntary for most of the campus community,  
but is REQUIRED for students living in the residence halls.**

If you are experiencing symptoms of COVID-19, including those outlined on this page, you should contact UAB Student Health Services (205.934.3580) as soon as possible for additional guidance. If you test positive for COVID-19, or are told by a healthcare provider that you are presumed positive for the virus, please notify Student Housing and Residence Life and/or Student Health Services.

## ONE STOP STUDENT SERVICES

The One Stop is conveniently located on the first floor of the Hill Student Center. Members of the One Stop team can assist you with meal plans, financial aid, parking, paying your bill, or more. If you have any questions prior to move-in feel free to contact them at [onestop@uab.edu](mailto:onestop@uab.edu) or 205.934.4300.

## DINING

UAB has a vast selection of dining locations across campus ([www.uab.edu/dining/locations](http://www.uab.edu/dining/locations)). All students that live on campus are required to purchase a meal plan. Visit the Meal Plans website to find a plan that's right for you and sign-up online: [www.uab.edu/mealplans](http://www.uab.edu/mealplans).

## PARKING

If you plan to bring a car to campus, you can purchase a parking permit from UAB Parking and Transportation at [www.uab.edu/parking](http://www.uab.edu/parking). On their website, you will also find information for Blazer Express, the UAB campus bus service, and bike resources.

## SAFETY

UAB has many campus-wide features to foster a safe and secure environment:

- Residence halls are locked 24/7 - ONE Card access to residence only
- 24/7 staffed front desk at each residence hall
- Student Housing and Residence Life has a UAB Police Precinct
- Over 400 Help phones on campus that connect directly to UAB Police
- Blazer Express bus service that provides free rides to student around campus

## TO INCREASE YOUR SAFETY

- Always carry your cell phone.
- Always let your roommate or someone know when/where you are going and when you expect to return.
- Download the Rave Guardian app at [uab.edu/emergency/rave-guardian](http://uab.edu/emergency/rave-guardian).
- Refer to the UABPD website at [www.uab.edu/police](http://www.uab.edu/police) for additional information.

## TECHNOLOGY

You will be sent an email prior to move-in explaining how to set up your internet connection and MyResNet account. For more information visit [www.myresnet.com](http://www.myresnet.com).

# CONTACT US

## STUDENT HOUSING AND RESIDENCE LIFE

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[studenthousing@uab.edu](mailto:studenthousing@uab.edu)  
[uab.edu/housing](http://uab.edu/housing)

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