

# Neighbors Bulletin



## Community Updates

### DO I HAVE THE FLU, COVID, OR A COLD?

COVID-19, caused by the SARS-CoV-2 virus, is a respiratory virus that is similar in many ways to influenza (the flu) and the common cold. With the flu and colds being more common in the fall and winter, it is important to be aware of which illnesses cause which symptoms. Promptly recognizing and identifying the symptoms of COVID-19, the flu, common cold and allergies can help ensure proper treatment.

Influenza and COVID-19 can both cause coughing, fevers/chills, shortness of breath, fatigue, sore throat, headaches, muscle and body aches, and vomiting or diarrhea. However, sudden loss of smell or taste is not typical of influenza or the common cold. Both influenza and colds often cause runny noses and sniffles, which are not typical of COVID-19. Colds can also cause sore throat and coughing.

Flu symptoms typically appear 1-2 days after exposure, and COVID-19 symptoms typically appear within 5 days. If you are experiencing symptoms that could be influenza or COVID-19, public health authorities encourage you to follow isolation guidelines and seek testing to confirm your diagnosis. Columbia's Community Wellness Center provides an Ask-a-Nurse hotline for medical questions, and health insurance enrollment support. Learn more at [neighbors.columbia.edu/wellness](https://neighbors.columbia.edu/wellness).

### LONG-TIME AVP VICTORIA MASON-AILEY RETIRES



After 15 years at Columbia as associate vice president for Planning and Community Affairs, Victoria Mason-Ailey is retiring. Mason-Ailey was an integral part of the team that brought Columbia's Manhattanville campus to life, including helping develop the Community Benefits Agreement between the university and the city.

Later, Mason-Ailey was vital in bringing the National Science Foundation COSMOS program to West Harlem, and to the establishment of a successful summer program for local teachers using the testbed.

Columbia and the Office of Government and Community Affairs will miss Mason-Ailey's commitment to connection with the local community, and wish her the best in her retirement.

## Community Events

Check with event organizers for latest updates as details may change. More details can be found at [neighbors.columbia.edu/events](https://neighbors.columbia.edu/events)



### American Voter Project: 2020 Election Debrief

Nov 5 6PM

The Eric H. Holder Jr. Initiative holds a panel discussion debriefing presidential election.

[neighbors.columbia.edu/elexdebrief](https://neighbors.columbia.edu/elexdebrief)



### Mind Body Wellness Series: Cold & Flu

Nov 9 7PM

Join the Harlem Wellness Center and the Columbia Wellness Center for this installment of their virtual series.

[neighbors.columbia.edu/coldflu](https://neighbors.columbia.edu/coldflu)



### New York Virtual HBCU College Fair

Nov 14 11AM

The New York Urban League's 34th Annual Historically Black Colleges and Universities Fair will be entirely virtual.

[neighbors.columbia.edu/hbcufair20](https://neighbors.columbia.edu/hbcufair20)



### Homage to Victims of the Pandemic Community Day of Reflection

Nov 14, 1PM

As part of the CoVIDA public art installation honoring pandemic victims at Roger Morris Park, there will be a community day of reflection.

[neighbors.columbia.edu/covida](https://neighbors.columbia.edu/covida)

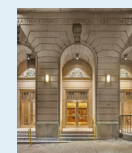


### The Interchurch Center Book & Toy Drive

Nov 30 - Dec 18

Please bring your new, unwrapped toys and books to suite 240 of the Interchurch Center between 9am and 4:45pm.

[neighbors.columbia.edu/toydrive20](https://neighbors.columbia.edu/toydrive20)



### Free Neighborhood Covid Testing at Manhattan School of Music

Ongoing

PCR tests, antibody tests, and contact tracing tools are available from 10 AM to 5 PM on Tuesdays, Wednesdays and Saturdays.

[neighbors.columbia.edu/covidtesting](https://neighbors.columbia.edu/covidtesting)