

Quarantine Rules for UTHSC COM M1 and M2 Students – 1.11.21

1. PPE rules:
 - a. UTHSC – All students must wear a facemask at all times. This includes outdoor areas like sidewalks and parking garages/lots. When in laboratory or simulation settings (or in situations where social distancing cannot be attained), students must also wear a face shield and gloves.
2. Definition of an **exposure**.
 - a. Interacting within 6 ft for 15 minutes or more of anyone who tests/tested positive if you:
 - i. didn't wear a face mask.
 - ii. didn't wear eye protection while the COVID+ person didn't wear a face mask
 - b. If you are wearing a mask and face shield and there is no aerosol-generating procedure, this is not considered an exposure.
3. What to do if **exposed**.
 - a. You must self-quarantine for 14 days.
 - i. No testing is required to return to campus, as long as you have completed 14 days of quarantine.
 - ii. Quarantine of 14 days is still required regardless of new CDC guidelines that suggest possible shortening of quarantine.
 - b. For all, please notify your academic deans, course director, and student/occupational health if you have been exposed.
 - c. For all exposed M1 and M2 students
 - i. Make-up time –It will be at the discretion of the course director to determine the appropriate make-up requirements/days in order to meet the goals and objectives of the course and obtain fair and accurate evaluations.
4. What to do if you test **positive**.
 - a. You must self-isolate for 10 days and be fever-free for at least 24 hrs prior to returning.
 - i. You only need to obtain a negative COVID test before returning to rotations if retesting required by the hospital. Otherwise, no testing is required to return to campus, as long as you have completed 10 days of isolation.
 1. New CDC and Shelby County guidelines recommend 10 days of isolation with at least 24 hours of being fever-free and with improving symptoms before returning to campus.
 - ii. Make-up time –It will be at the discretion of the course director to determine the appropriate make-up requirements/days in order to meet the goals and objectives of the course and obtain fair and accurate evaluations.
 - b. For all, please notify your academic deans, course director, and student/occupational health if you have been exposed.
 - c. Once you have had a positive COVID test or confirmed COVID illness, you do not have to quarantine for an exposure that is within 90 days of your positive test.
5. How to **prevent** getting exposed
 - a. Always wear a face mask and a face shield in all laboratory and simulation settings.

- b. Maintain social distancing (minimum of 6 feet) on campus where possible AND when eating.
 - c. Consider maintaining social distancing, wearing a mask, and potentially a face shield (not necessary if everyone else wears a mask) at home if you live with other healthcare workers or health professions students.
6. What to do if **someone you live with** tests **positive**.
- a. Notify your academic deans, course director, and student/occupational health for further instructions.
 - i. Have the +contact self-quarantine in a separate room (bring food and drinks to them but leave outside closed door).
 - ii. Thoroughly disinfect commonly used surfaces (light switches, doorknobs, countertops, refrigerator door handles, etc)
 - iii. If the contact is unable to abide by the rules for self-quarantine, you or they can consider finding alternate housing. If the +contact is a child or dependent from which you cannot isolate, then you will need to isolate/quarantine per local health department and hospital policy guidelines.
7. What to do if **someone you live with** has been exposed but is asymptomatic and has NOT tested positive.
- a. You do not need to quarantine and may continue to go to your on-campus events. However, if the exposed person becomes symptomatic OR tests positive, then follow the steps above for directions on what to do.
 - i. Have the exposed individual self-quarantine in a separate room (bring food and drinks to them but leave outside closed door).
 - ii. Thoroughly disinfect commonly used surfaces (light switches, doorknobs, countertops, refrigerator door handles, etc)
 - iii. If the contact is unable to abide by the rules for self-quarantine, you or they can consider finding alternate housing. If the exposed person is a child or dependent from which you cannot quarantine, then you will need to quarantine per local health department and hospital policy guidelines.
8. What if I have been vaccinated with one of the COVID-19 vaccines? Does this change my quarantine, exposure, or testing rules?
- a. As of right now, no. Because there is not currently enough data to draw conclusions, getting the COVID-19 vaccine does not change anything in terms of what constitutes an exposure or the required quarantine time for an exposure.
 - b. Any student who has had the vaccine (either 1 or 2 doses) and is exposed to COVID-19 should still plan to quarantine for 14 days following the above guidelines.
9. When and how can I get my COVID-19 vaccine?
- a. Medical students on clinical rotations are eligible to receive the COVID-19 vaccine through UT and potentially through some of the clinical sites in locations other than Memphis. Students volunteering as vaccinators will also be eligible for the vaccination. Medical students in the first- and second-years who do not have direct patient contact are not currently eligible to receive the vaccination.
 - b. If you are eligible and are in Memphis, you can sign up for the vaccine through UHS. Please follow the instructions on the emails.

10. When and where should I receive my second dose of the vaccine?

- a. For the Pfizer vaccine, the recommended timing of your second dose is 21 days after the first dose with an acceptable range of 17-23 days. For the Moderna vaccine, the recommended timing of your second dose is 28 days.
- b. If your second dose is not available at the recommended timeframe, you should still receive your second dose AS SOON AS IT IS AVAILABLE TO YOU even if this is after the recommended timeframe.
- c. Once you have received your first dose of the vaccine in one location, you should plan to receive the second dose in the same location.