

## Quarantine Rules for UTHSC COM M3 and M4 Students - Revised 7.20.21

### Vaccination, Testing, and PPE Rules:

#### 1. Vaccination definitions:

- a. Fully vaccinated = 2 weeks after the second dose of a 2-dose series vaccine (Pfizer, Moderna) or 2 weeks after a 1-dose series vaccine (Johnson & Johnson)
- b. Under-vaccinated = only 1 of a 2-dose series has been received or within 2 weeks of receiving the second dose of a 2-dose series or within 2 weeks of receiving a 1-dose series vaccine.
- c. Unvaccinated = No doses of vaccine have been received

#### 2. Vaccination against COVID-19 is strongly encouraged for all medical students.

- a. All students are required to log their vaccination status in Qualified First
  - i. Website: <http://scholar.verifiedcredentials.com/uthsc>
  - ii. Code: GGRXJ-47969

#### 3. Hospital vaccination requirements:

- a. St. Jude Children's Research Hospital and MMHI require all students rotating in their facility to be vaccinated against COVID-19. If you are not fully vaccinated, you will not be allowed to rotate.
- b. UTMCK requires students to provide their vaccination status, but you are still able to rotate if under- or unvaccinated.
- c. Be prepared to provide documentation of your vaccination status to each of your coordinators prior to the start of every rotation. (Until this is a university-wide requirement, this is the only way for us to verify vaccination status from rotation to rotation.)

#### 4. Hospital testing rules:

- a. Memphis
  - i. Asymptomatic pre-rotation testing can be done at UHS on Monday and Friday afternoons.
  - ii. MLH facilities –
    1. MUH/MGT - Test twice per year. Once prior to your first rotation of the year and once prior to your January rotation. Tests must be done within **one week** of starting the rotation. No testing required after quarantine for exposure, symptomatic disease, or positive COVID test in the last 90 days.
    2. Le Bonheur – No testing required for fully vaccinated students. If unvaccinated, see above.
  - iii. ROH – No testing required for fully vaccinated students. For students that are unvaccinated or within 2 weeks of being vaccinated, the following testing rules still apply: test before every rotation, 96-72 hours before the rotation starts. No testing is required for 12 weeks after a positive COVID test with appropriately completed isolation (10 days) in the past 90 days.
  - iv. Baptist – No testing required for fully vaccinated students. If unvaccinated, test before every rotation, within 14 days of the rotation start. No testing is required

to return after a positive COVID test if you have completed isolation (10 days) in the past 90 days.

- v. St. Francis – Test before every rotation, within 1 week of the rotation start. Testing IS required even after a positive COVID test in the past 90 days.
  - vi. VA – No testing required.
  - b. Chattanooga – No testing requirements.
  - c. Knoxville – No testing requirements.
  - d. Nashville – No testing requirements.
  - e. Jackson – No testing requirements.
5. PPE rules:
- a. All students must wear a face mask at all times in clinical facilities. When in patient care areas, students must also wear a face shield OR goggles (not eyeglasses).
    - i. All facilities are requiring face mask and face shield or goggles when patient facing. N95 masks are necessary for COVID+ patients or PUIs.
    - ii. ROH (Memphis) – Requires N95 with EVERY patient interaction.
6. What an inconclusive COVID test result means and what you need to do.
- a. The test is neither positive nor negative. You need to get retested.
  - b. Exposure to someone with this result is NOT considered an exposure unless the person subsequently tests positive and the criteria above are met.
7. "Can I take care of COVID+ patients or PUIs?"
- a. Students who are fully vaccinated are permitted to provide direct care for COVID+ patients and/or PUIs provided that the student has appropriate PPE (N95 mask, eye protection, gown, gloves) AND as long as the clinical facility allows students to provide care for these patients. Please check with your clerkship/course director to confirm whether or not your clinical site will allow you to provide direct care for COVID+ patients and/or PUIs.
  - b. Students who are under- or unvaccinated are not permitted to provide direct care for COVID+ patients and/or PUIs.

### **Exposure and Symptomatic Person Rules:**

1. Definition of an exposure:
- a. Interacting within 6 ft for a total of 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 person didn't wear a face mask
    - iii. didn't wear full PPE during an aerosol-generating procedure.
  - b. If you are wearing a mask and face shield or goggles and no aerosol-generating procedure, this is not considered an exposure.
2. What to do if exposed
- a. If you are fully vaccinated, no quarantine is required. You should self-monitor for symptoms daily for 10 days following the exposure and wear your mask at all times for those 10 days. If you become symptomatic, immediately start quarantine and follow guidelines below for symptomatic individuals.

- b. If you are under- or unvaccinated, you must self-quarantine for 10 days.
  - i. You only need to obtain a negative COVID test before returning to rotations if it is required by the hospital. Otherwise, no testing is required to return to rotations, as long as you have completed 10 days of quarantine.
  - ii. Nashville – follow the instructions in the Student Onboarding Information document.
- c. For all, please notify your local clerkship director, coordinator, dean, and employee/occupation health if you have been exposed.
- d. For all exposed M3 and M4 students, you may complete a 2-week online course (i.e. Core Topics course) during the time of your quarantine.
  - i. Make-up time – Regardless of the number of working days missed on the rotation, you will need to schedule a 2-week block (either “Core Completion” or option block) to make up the missing part of your rotation if it is a required rotation or an elective necessary for graduation. It will be at the discretion of the clerkship/course director to determine the appropriate make-up requirements/days in order to meet the goals and objectives of the rotation and obtain fair and accurate evaluations.

3. What to do if you think you may have COVID or COVID-like symptoms. Where can I get tested?

- a. Notify your course/clerkship director and corresponding Sr/Assistant Dean immediately.
- b. Begin isolation.
- c. Get tested at one of the community sites here:  
<https://covid19.memphistn.gov/resources/covid-19-testing-sites-in-shelby-county/>
- d. Notify your course/clerkship director of your test results when they are available so that you can restart your course/rotation.

4. How to prevent getting exposed

- a. Always wear a face mask and either approved goggles or a face shield in all clinical settings.
- b. Maintain social distancing (minimum of 6 feet) in the hospital, when meeting with the team AND when eating.
- c. Consider maintaining social distancing/mask and face shield (not necessary if everyone wears a mask or everyone is vaccinated) at home if you live with other HCW's.
- d. Get vaccinated!

5. 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 rotations. 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 need to find alternative 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.

6. What if I have been vaccinated with one of the COVID-19 vaccines? Does this change my quarantine, exposure, or testing rules?
  - a. **Students who have been fully vaccinated against COVID-19 and are exposed to COVID-19 do NOT need to quarantine provided that they meet the following criteria:**
    - i. Are fully vaccinated
    - ii. Have remained asymptomatic since the current COVID-19 exposure
  - b. If you have been vaccinated and are exposed to COVID-19, do the following:
    - i. Contact your course/clerkship director and coordinator immediately
    - ii. Contact your appropriate Assistant Dean (Dr. Bettin for the Clinical Curriculum)
    - iii. Provide the date of your exposure
    - iv. Provide documentation of your immunization status with dates of vaccines received.
    - v. If you meet the above criteria outlined by the CDC, then you will not need to quarantine provided that you remain asymptomatic. If you do not meet the above criteria, then you will still need to quarantine for **10 days**.
  - c. Students who have been vaccinated are still required to adhere to the above testing guidelines set forth by the clinical sites.

**Positive tests:**

1. What to do if you test **positive**
  - a. You must self-isolate for 10 days and be fever-free with improved symptoms 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 rotations, as long as you have completed **10 days** of isolation.
    - ii. For all M3 and M4 students who test positive for COVID, you may complete a 2-week online course (i.e. Core Topics course) during the time of your isolation, **EVEN IF** you are only isolating for 10 days provided that you complete all assignments on time and meet all objectives of the course.
    - iii. Make-up time – Regardless of the number of working days missed on the rotation, you will need to schedule a 2-week block (either “Core Completion” or option block) to make up the missing part of your rotation if it is a required rotation or an elective necessary for graduation. It will be at the discretion of the clerkship/course director to determine the appropriate make-up requirements/days in order to meet the goals and objectives of the rotation and obtain fair and accurate evaluations.
  - b. Nashville – follow the instructions in the Student Onboarding Information document.
  - c. For all, please notify your local clerkship director, coordinator, dean, and employee/occupational health if you have tested positive.
  - d. 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 (no quarantine needed for vaccinated individuals with a COVID exposure.)
2. What to do if **someone you live with tests positive**.
  - a. **Call** employee/occupational health at your hospital. Most hospitals do not require quarantine as long as you remain asymptomatic and can appropriately distance yourself

from your family member/roommate. If the hospital requires quarantine, then you must self-quarantine for **10 days**.

- 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 need to find alternative 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.

**Vaccine questions:**

1. When and how can I get my COVID-19 vaccine?
  - a. Adults and children  $\geq 12$  years old are eligible for vaccination.
  - b. Vaccination is strongly encouraged by UTHSC and may become required for clinical training sites.
  - c. Please visit the Shelby County Health Department website (<https://covid19.memphistn.gov/>) for a list of locations for first and second vaccinations.
2. 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.