

Quarantine Rules for UTHSC COM M1 and M2 Students – 7.10.21

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. PPE rules:

- a. All under- or unvaccinated 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), unvaccinated or under-vaccinated students must wear a face mask.
- b. Vaccinated students are not required to wear facemasks but must adhere to social distancing guidelines for indoors.

Exposure and Symptomatic Person Rules:

1. 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.

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. No testing is required to return to campus, as long as you have completed 10 days of quarantine.
- c. For all, please notify your academic deans, course director, and student/occupational health if you have been exposed.
- d. 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.

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

- a. Notify your course 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 director of your test results when they are available so that you can restart your course.

4. How to prevent getting exposed

- a. Always wear a face mask in all laboratory and simulation settings.
- b. Maintain social distancing on campus where possible AND when eating.
- c. Consider maintaining social distancing and wearing a mask (not necessary if everyone is vaccinated) at home if you live with other healthcare workers or health professions students.
- 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 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.

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 director immediately
 - ii. Contact your appropriate Sr. Assistant Dean (Dr. Cantrell for the Basic Sciences)
 - 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**.

Positive tests:

1. **What to do if you test positive**
 - a. You must self-isolate for 10 days and be fever-free for at least 24 hrs with improved symptoms prior to returning.
 - i. 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.
 - b. For all, please notify your academic deans, course director, and student/occupational health if you have been exposed.
 - a. 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. 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.

Vaccination questions:

1. When and how can I get my COVID-19 vaccine?
 - a. Adults and children ≥ 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.