

Quarantine Rules for UTHSC COM M3 and M4 Students - Revised 1.11.21

1. Hospital testing rules:

- a. Memphis
 - i. MLH facilities – 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.
 - ii. ROH – 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.
 - iii. Baptist – 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.
 - iv. **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.**
 - v. VA – No testing required.
- b. Chattanooga – No testing requirements.
- c. Knoxville – No testing requirements currently but this may change.
- d. Nashville – All Ascension Saint Thomas facilities
 - i. Documentation of a negative nasopharyngeal PCR test before each rotation is required. The test must be performed 48-96 hours before each rotation start date. Students will not be cleared to start until this documentation has been received.
 - ii. A student doing consecutive rotations at AST sites must only be tested prior to the start of the first rotation. Nonconsecutive rotations will require testing prior to the start of each rotation.
- e. Jackson – No testing requirements.

2. PPE rules:

- a. UTHSC – All students must wear a facemask at all times. When in patient care areas, students must also wear a face shield OR goggles (not eyeglasses).
- b. Memphis hospitals:
 - i. MLH facilities – Surgical mask and face shield (or goggles). ED – Facemask and face shield (NO goggles).
 - ii. ROH – N95 or KN95 mask and face shield.
 - iii. Baptist – Surgical mask and face shield (or goggles).
 - iv. VA – Surgical mask and face shield (or goggles).
- c. Chattanooga hospital:
 - i. Erlanger – N95 and face shield (or goggles).
- d. Knoxville hospital:
 - i. UTMC – Surgical mask and face shield (or goggles).
- e. Nashville hospital:
 - i. Ascension Saint Thomas – Surgical mask and face shield (or goggles).
- f. Jackson:
 - i. Surgical mask and face shield (or goggles).

3. 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.
4. What to do if **exposed**.
- a. You must self-quarantine for 14 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 14 days of quarantine.
 - ii. Quarantine of 14 days is still required regardless of new CDC guidelines that suggest possible shortening of quarantine.
 - b. 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.
5. 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.
6. 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.
 - 1. 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 work/rotations.
 - 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/occupation 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.
7. 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) at home if you live with other HCW's.
8. What to do if **someone you live with** tests **positive**.
- a. Call employee/occupational health at your hospital. Some hospitals are no longer requiring automatic quarantine if you have a positive household member 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 14 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.
9. 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.
10. 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.
- c. Students who have been vaccinated are still required to adhere to the above testing guidelines set forth by the clinical sites.

11. 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.
- c. If you are eligible and in a different location, you may be eligible for a vaccine at your local clinical site or you can travel back to Memphis. Please contact your local Dean or site coordinator for more details.

12. 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.
 - i. Occasionally, sites outside of Memphis may be able to accommodate second doses for students who received their first dose in Memphis. Please contact your local Dean or site coordinator for more details.