

From: [Hallquist, Kiersten L](#) on behalf of [StudentCOMServices](#)
To: [StudentCOMServices](#)
Cc: [Rosen, Lee](#); [Hallquist, Kiersten L](#); [Menon, Prema](#)
Subject: IMPORTANT COVID-19 Related Reminders for All Medical Students
Date: Monday, August 31, 2020 4:34:00 PM
Attachments: [image003.png](#)
[image004.png](#)
Importance: High

Dear Students,

As our first holiday weekend approaches, we wanted to remind you of the [Vermont State COVID-19 cross-state travel guidelines](#). We know it is very difficult to be away from family and friends, and we understand the toll it can take on all of us. We also cannot forget how devastating this pandemic has been and the vital role we all have in containing this infection. As members of the Larner College of Medicine, our University and local communities look to us to set the standard. For that, we thank you and are so proud of the measures you have been taking to keep our community safe.

TRAVEL REMINDERS:

1. Students are expected to follow Vermont Department of Health guidelines for any travel ([Vermont State Travel Restrictions](#))
2. If a student is planning to **leisure travel** and does not want to quarantine upon return, they must:
 - a. Travel in a personal vehicle
 - b. Travel directly to a select county with [low rates of active cases \(<400 Active Cases per Million\)](#)
 - c. Only stop when necessary (i.e. for fuel, food or rest). When you stop, [wear a face mask](#), keep a 6-foot distance from others even when you are eating, and wash your hands often.
 - i. If you taking a break for rest you are allowed to stop and stay in your car.
 - ii. If you are in need of a prolonged stop (overnight stay) then you will need to quarantine as outlined below (item #3 and #4).
3. If a student is planning **leisure travel to a location with [low rates of active cases \(<400 Active Cases per Million\)](#) and cannot travel directly in a personal vehicle** (i.e. use public transportation- plane, train, bus etc.)
 - a. The student MUST complete a 14-day [quarantine](#) or a 7-day [quarantine](#) followed by a negative PCR test before returning to campus. (Note: the student must quarantine in the same location for the duration of their [quarantine](#) other than to travel to and from test site)
4. If a student is planning **leisure travel to a location that does not qualify as having [low rates of active cases \(<400 Active Cases per Million\)](#),**
 - a. The student MUST complete a 14-day [quarantine](#) or a 7-day [quarantine](#) followed by a negative PCR test before returning to campus. (Note: the student must quarantine in the same location for the duration of their [quarantine](#) other than to travel to and from test site)
5. Students traveling for **essential travel** (personal safety, medical care, care of others, parental

shared custody etc.):

- a. Must commit to safe traveling practices (i.e., using personal vehicle when able, limited stops, wearing facemasks, keeping a 6-foot minimum distance from others at all times, even when eating, and washing your hands often)

For further information please refer to:

- [Vermont Department of Health](#)
- [Vermont Cross-State Travel Map](#)
- [Green and Gold Promise](#) & [Student Sanctions for broken Green and Gold Promise](#)

A FEW CAMPUS REMINDERS:

1. Please remember, that all students are expected to adhere to the University of Vermont [Green and Gold Promise](#), of which you will have all pledged.
2. [Wear your mask at all times](#) on campus.
3. Avoid gathering in groups in the hallways, student lounge, or any space in which you cannot stand/sit 6 feet apart from each other.
4. Be mindful of the capacity signs in each room including the Larner Student Lounge.
5. Be mindful of marked doors for ENTRY and EXIT.
6. Masks should only be removed for eating and drinking.
7. If you are eating and/or drinking with others (i.e. need to temporarily remove your mask), please ensure you are seated **at least** 6 feet away from each other.
8. Try your best to feel comfortable holding each other accountable.
 - a. When things get hectic a mask might slip and you won't notice, you might forget to put your mask on after eating, etc.
 - b. It is ok to remind each other and to be reminded as we are all in this together and need to count on each other to get through this.
 - c. Practice gratitude if/when someone points out a way we can improve our safe practices.

With appreciation,

Dean Lee Rosen, Interim Associate Dean for Students & Director of Medical Student Wellbeing

Dean Prema Menon, Interim Assistant Dean for Students – Preclinical Level

Kiersten Hallquist, Student Services Coordinator

The Medical Student Services Team

Office of Medical Student Education

The Larner College of Medicine at The University of Vermont

89 Beaumont Avenue

Given Courtyard N-100

Burlington, VT 05405

Office: 802-656-0722

Fax: 802-656-9377

StudentCOMServices@med.uvm.edu

med.uvm.edu/student-services



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