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Sent: Saturday, November 21, 2020 11:43 AM

Subject: Saturday Wonders

Importance: High

Good afternoon students,

Rates in Vermont are still lower than many other parts of the country, however we are setting records that we don't want to be setting with most cases in a given day last week.

Known positivity rates for the student body are low (ranging from 0 to 1.7% / class and less than 0.6% / student body), nevertheless there are students who have contracted the virus and others who have been exposed.

As difficult as it may be, now is the time to ensure we as health care professionals and future physicians do our part.

- Please follow Vermont, University and clinical guidelines
 - o Yes, that means no multi-household gatherings
 - o Stay home when sick
 - o Follow prevention recommendations and appropriate PPE guidelines in the clinical setting
 - o Follow travel and quarantine guidelines
 - Re-test 48 hours before traveling home (the Davis Center has increased testing over the next few days – information from UVM website below)
 - The Testing Center will be open Saturday, November 21 and Sunday, November 22 from 10:00 a.m. to 1:00 p.m. This will allow students leaving on Monday, November 23 or Tuesday, November 24 to get tested prior to departing.
 - We hope that you will take advantage of this additional testing option to make sure that you do not risk spreading COVID-19 to family and friends. You may be spending time with people who have underlying health issues or who are older, such as grandparents, and are therefore at greater risk of infection.
 - o Continue practicing all the safeguards (masking, physical distancing, frequent hand washing) to minimize the risk of infection

The roller coaster ride isn't always fun; you need to follow the rules to keep yourself and others safe and it eventually ends.

I recognize this has been a challenging year for all of you, however I am proud of your engagement, adaptability and resilience as we navigate this journey together. Now more than ever it is important that we all do our part to mitigate transmission and prevent community spread.

[Here is yesterday's communication from Dr. Isabelle Desjardins, UVM Medical Center Chief Medical Officer for your reference.](#)

Be well, be safe.

With appreciation and gratitude,

Christa Zehle

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Pronouns: she/her [\[Why include pronouns?\]](#)

