

From: Zehle, Christa H <Christa.Zehle@med.uvm.edu>

Sent: Sunday, July 18, 2021 2:16 PM

Subject: COVID-19 Exposure and Prevention Guidelines

Dear class of 2022 and class of 2023 students,

We are reaching out to provide updated guidance for students who have had exposure to a person who has tested positive for COVID-19.

Given the recent increase in cases, including among vaccinated individuals, and in consultation with infectious disease specialists at the UVM Medical Center, we are enacting the following for students involved in clinical activities.

If you have been contacted by a contact tracer / Student Health Services or are aware of having had [close contact](#) with a person who is COVID positive in the past week:

Vermont Campus:

- For exposed, fully vaccinated individuals:
 - Please obtain a COVID PCR test with a negative result before returning to in-person clinical activities.
- For exposed, unvaccinated individuals:
 - Please obtain a COVID PCR test and discuss return to clinical activities with Student Health Services before returning to in-person clinical activities.
- Student Health Services in collaboration with UVMMMC Employee Health will give clearance to return to clinical activities if you test positive.
 - Symptomatic positives – typically 10 days after symptom onset if afebrile x 24 hours and symptoms are resolving.
 - Asymptomatic positives – typically 10 days after positive test.

Connecticut Campus (Nuvance Health):

- For exposed, fully vaccinated individuals:
 - Do not need to quarantine
 - Test at day 5
 - Monitor symptoms x 14 days
- Clearance to return to clinical activities is per the Nuvance Health policy and facilitated by the CT Campus Deans and Nuvance hospital staff.

If you have any concern for possible COVID-19 [symptoms](#) regardless of contact or vaccination status, you need to mask and isolate at home. Contact Student Health Center or your health provider to obtain a symptomatic COVID-19 PCR test. Please have a low threshold to get tested for any symptoms.

Asymptomatic testing is available at the Davis Center (Testing Center Hours: <https://www.uvm.edu/uvmforward/covid-19-testing-center-hours>). Testing at this site or through Student Health Services is preferred for coordination for students in Vermont. Testing through pop-up and other local sites are also available: [VDH link](#). Students in CT should contact Dr. Kulaga for support with testing as needed.

Please continue to support each other and our community by following the Vermont Department of Health, University and clinical site guidelines.

Follow these prevention steps from the Vermont Department of Health to reduce the risk of getting or spreading COVID-19:

- **Get the COVID-19 vaccine.**
 - Please [complete your vaccination and report it in the student portal](#).
- **Stay home if you are sick.**
- **Wash your hands** often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer with at least 60% alcohol.
- **Take care when getting together.** If you are at an indoor gathering or event and are not fully vaccinated, wearing a mask and staying 6 feet apart helps protect anyone who is unvaccinated, at [increased risk of severe illness from COVID-19](#), or lives with someone who is at increased risk.
- **Stay at least 6 feet apart.** Choose open areas with room to spread out.
- **Wear a mask if needed.** For now, everyone is still required to wear a mask in health care settings, long-term care facilities and on [public transportation](#), even if you are fully vaccinated.
- **Consider your travel plans.** The CDC recommends delaying travel until you are fully vaccinated because travel increases your chance of getting and spreading COVID-19.

Please work with your course director regarding any missed clinical time and please contact OMSE or any of the Associate/Assistant Deans for Students if you need support navigating the changing recommendations.

With appreciation,

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