

From: [StudentCOMServices](#)
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Subject: IMPORTANT - COVID-19 Related Travel Reminders for All Medical Students & OMSE Colleagues
Date: Wednesday, February 10, 2021 2:50:33 PM
Attachments: [image001.png](#)
[image002.png](#)
Importance: High

Hello Lovely Medical Students and OMSE Colleagues,

As you may know, the undergraduate Spring 2021 calendar was updated to remove the President Day holiday and spring break. This decision is an effort to remove as much temptation as possible for students to travel and/or host group gatherings. At the Larner College of Medicine, we did not remove this holiday and break from our preclinical curriculum calendars. We are not hosting classes at Larner College of Medicine on 02/15, and the Office of Medical Student Education will be closed to honor the holiday for most of our faculty and staff. As some of us approach a long week, we wanted to send this friendly reminder...

As you all know, the best way out of this pandemic is by masking, social distancing, and limiting all travel. We must all continue to follow [Vermont State COVID-19 cross-state travel guidelines](#) and to test often. 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 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 continue 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.

You have been such incredible role models in our communities, and we couldn't be more proud. We share deep appreciation to our student, faculty and staff ingenuity and creativity in expanding wellness and support opportunities to take care of each other, while also upholding the [Green &] Gold Standard for COVID-19 safety precautions. We continue to be in awe of you all.

With endless appreciation,
The Office of Medical Student Education

Happy Hump Day!



via [GIPHY](#)

RESOURCES:

- **CURRICULUM CALENDARS/HOLIDAYS:**

- [Curriculum Overview/Summary Calendars](#) are always publicly available on the OMSE Curriculum Overview Page (right-hand menu bar)
- For more information about Curriculum Holidays and Vacations, please visit the Medical Student Handbook:
 - [Policy 570.10 Holidays and Vacations: Foundations](#)
 - [Policy 570.20 Holidays and Vacations: Clerkship Year](#)
 - [Policy 570.30 Holidays and Vacations: Advanced Integration](#)

- **TRAVEL REMINDERS:**

All students are expected to follow Vermont Department of Health guidelines for any travel ([Vermont State Travel Restrictions](#))

- **Leisure travel** is only permitted within the state of Vermont, and the following will help limit the spread of COVID-19
 - Travel in a personal vehicle and avoid carpooling with anyone outside of your household. Should you need to carpool, campus safety operations has advised sitting diagonally from the driver, traveling masked the entire time and having the windows open for airflow.
 - 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, and wash hands often
 - If taking a break for rest, you should stop and stay in your car
 - If in need of a prolonged stop (overnight stay), then they will need to quarantine as outlined below (item #3 and #4).
- **ANY leisure travel to a location outside of Vermont** requires quarantine
 - The student MUST complete a 14-day [quarantine](#) or a 7-day [quarantine](#) followed by a negative PCR test before returning to the community (If symptom-free, students can secure this test with the [Davis Center testing center](#) scheduled [via CoVerified](#); if experiencing symptoms, students can schedule this test with UVM SHS set up via phone, at 802-656-3350). The student must quarantine in the same location for the duration of your

[quarantine](#) other than to travel to and from testing site.

- Students traveling for **essential travel** (personal safety, medical care, care of others, parental shared custody etc.):
 - All essential travelers should commit to safe traveling practices (i.e., using personal vehicle when able, limited stops, wearing face masks, keeping a 6-foot minimum distance from others at all times, and washing hands often)

- **A FEW CAMPUS/COMMUNITY 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.
9. For further information, please visit the [UVM Return to Campus online resources space](#) and the [Vermont Department of Health](#) resources.

- **UVM COVID-19 Student Testing Protocol:**

All students who are enrolled as on-campus/in-person (UVMCC and/or UVM-VT), or who live in Burlington, South Burlington or Winooski and who do not have a testing exemption, must complete a COVID-19 test every seven days ([Green & Gold Promise](#); [verify your permanent address reflects your real location in myUVM](#)). The testing center is open Monday – Friday and is [located in the Burack Lounge in the Davis Center](#). The testing center's goal is for your appointment to take less than 10 minutes and for you to receive test results within 24 hours. [Schedule tests via the CoVerified app/browser-based platform](#).

- **Clinical Students Are Excused from the Curriculum to Complete Seven-Day Test:** The Clinical Level course directors support this protocol. They are aware of

the weekly requirement and support students to be excused from their curriculum for 30-minute weekly testing windows.

- **Do I need to get tested regularly if I've already had COVID-19?** In short, no — special rules apply to you for 90 days from the onset of your COVID-19 symptoms or for 90 days from the date of your positive test (for those who were asymptomatic). During these 90 days you don't need to be tested if you remain asymptomatic, and you don't need to quarantine if you've had close contact with someone with COVID-19. If you do become symptomatic during this period, you may need to quarantine and get tested for reinfection. Students can [email Student Health Services with questions](#).
- **Exemption Requests:** If you are away and will therefore miss the 7-9 day testing window, you must [submit a temporary exemption request](#). If you fall under "required to test" guidelines and still feel you should be exempt, please include extenuating circumstance in your exemption request form to help expedite processing.
 - *One request can cover multiple weeks!* Exemption should end the day you plan to return to campus.
 - You must use your netID@uvm.edu email address/Outlook account to enter the UVM portal and sign-into the request tool (UVM Credentials); this might require you to log out of your MED Outlook or open a guest window/profile in Chrome to use a browser without your remembered MED credentials.
 - You cannot step onto VT/UVM campus(es) during an exemption window. However, an exemption will not block you from testing at the Davis Center.
- **Vermont Travel Guidelines:** All students must still continue to adhere to [state and local health and safety guidelines, including travel and quarantine requirements](#). If you enter a travel-mandated quarantine and you are not experiencing any symptoms, you can secure your day-seven test via the Davis Center clinic (counts as your weekly test, too!).
- **COVID-19 Vaccine:** As COVID-19 vaccine distribution occurs, we recognize there are many questions. For answers to emerging questions, the university has developed a [COVID-19 Vaccine Q&A page that will be updated throughout the semester](#). Please note, this page does not currently host vaccine availability/distribution information.
 - **Did you get the Vaccine? Do you still need to test every seven days?** Surveillance testing will continue to be required, regardless of vaccination status. This and additional information are available on [The UVM COVID-19 Information and Service Center COVID-19 Vaccine and Testing page](#).
- [UVM Weekly Testing Report](#)

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