

**Updated COVID guidance from Student Health (All Students) – [March 16, 2020 at 09:55]**

Dear Students,

We hope you are all staying safe and well in these trying times. I apologize for the multiple emails; we are doing our best to keep you informed and up-to-date with the latest guidance. Below is a message from Student Health regarding updates to sick policies and quarantine. Please be sure to adhere to these. And remember if you are ill or require quarantine you should reach out to OSA and your course leadership if applicable in addition to student health.

From Student Health\*: As you are aware we now have community transmission in our area; as a result guidance around reporting for duty has changed.

Anyone experiencing symptoms (fever OR cough OR trouble breathing) MUST remain at home until 'symptom free' (again, please notify as listed above)

Those returning from travel beyond your regular commute MUST self-quarantine for 14 days

\*More information can be found at

<https://www.medschool.umaryland.edu/familymedicine/Student-Health/>

\*Student Health can be reached at 667-214-1883

Stay safe and healthy – all the usual infection prevention suggestions apply! And practice social distancing to the extent possible if not on clinicals – we need to keep our communities and frontline healthcare workers safe, healthy and operations. Thanks for doing your part.

Don't forget to check out Dr. Allen's recent email tips on your general well-being and mental health during these stressful times, I know many of those tips spoke to me personally and I am trying my best to implement a few!

Stay safe and contact us with any questions,  
Team OSA/OME