**M1/M2 COVID Updates Zoom Sessions – Highlights! And answers to FAQs …**

Please refer to the [UMB COVID-19 Recovery Page](https://www.umaryland.edu/coronavirus/) for all campus policies regarding COVID  
Please refer to the [MedScope COVID-19 Resource Page](https://medscope.umaryland.edu/pg/cv19/Covid19) for quick links to important resources and forms

***NEW!*** UMSOM Medical Student COVID Resource Nurse, **Ms. Joan Hebden RN, MS, CIC** can be reached at [jhebden@som.umaryland.edu](mailto:jhebden@som.umaryland.edu)

The classrooms and clinical sites are the safest place you can be outside your homes – largely because we are a highly vaccinated and masked population who does NOT come to campus sick.

Do YOUR part in 3 Easy Steps!

1. A **KN95 mask** must be worn at all times while on campus ([UMB Face Covering Policy](https://www.umaryland.edu/coronavirus/))
2. **Get Boosted!** And tell us about it through the [UMB COVID Management Portal](https://www.umaryland.edu/coronavirus/content/testing-hygiene-and-health/umb-covid-19-management-portal.php)
3. **Go Home, Stay Home** for high-risk exposures, symptoms, + COVID-19 tests, use the [UMB COVID Hotline Exposure Guide](https://www.umaryland.edu/coronavirus/hotline/guide/) and [COVID-19 Report form](https://safe.umaryland.edu/surveys/?s=TEPTH3PTX4) to determine next steps

***FAQs:***

***I have a high-risk exposure, symptoms consistent with COVID, or a positive test for COVID-19 – what now?***

**STEP 1:** Go Home, Stay Home

**STEP 2:** Review the [UMB COVID Hotline Exposure Guide](https://www.umaryland.edu/coronavirus/hotline/guide/) and [COVID-19 Report form](https://safe.umaryland.edu/surveys/?s=TEPTH3PTX4) for initial advice and next steps

**High-Risk Exposure**

The person you were in contact with has COVID, and was NOT wearing and mask, AND you:

-Were within 6 ft of them

-Were in contact for a total of 15 mis over 24 hr (does not have to be connectivity)

-Did not wear a KN95 or N95

*Have a question?* Contact **Ms. Joan Hebden, RN, MS, CIC** ([jhebden@som.umaryland.ed](mailto:jhebden@som.umaryland.ed)) the UMSOM Medical Student COVID Resource Nurse.

*Still need help?* Call the UMB COVID Hotline ([**800-701-9863**](tel:(800)%20701-9863)) or make an appt with UMB Student Health

***I am on isolation/quarantine, but am feeling well enough, can I attend required sessions (e.g. small groups) remotely?***

Yes, and it is easy! Complete the [**UMSOM MD Program Virtual Learning Accommodations Request**](https://forms.office.com/pages/responsepage.aspx?id=pglwcd4gGkaIlAMSo5XKyVENhoNWkNRJhOVo60IUUr5UQ1lHNVVCUU9KVFhFVU01TU9UMUlWVldOUyQlQCN0PWcu&fswReload=1&fswNavStart=1643052983005)located on the COVID-19 Resource tab on MedScope. Then simply log on and learn!

* + Only one request needed per isolation/quarantine period
  + Must be completed before the start of your first session
  + Contact CSS team to trouble shoot zoom/connectivity
  + Contact OME (Ms. Reynolds/Roth) for attendance questions
  + Contact PoM Course Director and Preceptor directly to discuss missed time

***I am on isolation and am not feeling well enough to participate in required sessions, what do I do?***

That’s OK. Your health and safety are the priority. The attendance and participation policy provides you the autonomy and flexibility to take time off when you need it for any reason. We simply ask that you connect with an OSA Faculty Member if you need to miss more than 2 days per block, so we can assist with academic resources/support as needed.

***On no! I am on isolation/quarantine and I have an upcoming exam/assessment – what do I do?***

Simply let us know by completing the **Request for Remote Assessment Form** on the COVID-19 Resource Tab on MedScope; a team member from OME will then reach out to you with logistical details for your assessment.

If it is within 24 hours of the assessment, please directly email ALL of the following to ensure your request is processed appropriately:

Dr. Lacap @ [clacap@som.umaryland.edu](mailto:clacap@som.umaryland.edu)   
 Dr. Thom @ [kthom@som.umaryland.edu](mailto:kthom@som.umaryland.edu)   
 Ursula Goldman @ [ugoldman@som.umaryland.edu](mailto:ugoldman@som.umaryland.edu)   
 Paul Moore @ [pmoore@som.umaryland.edu](mailto:pmoore@som.umaryland.edu)

If you do not feel well enough to sit for your assessment, please reach out to an OSA Faculty Member to discuss/request an extension.

***I am ready to return to in-person learning after isolation/quarantine – what should I do?***

Welcome back! It is YOUR responsibility to ensure that you have reviewed and understand the UMB guidance regarding your specific situation – and that when you return you are asymptomatic (or improving) and that your COVID test(s) are NEGATIVE if they were indicated.

When first completing the **Virtual Learning Accommodations Request form**, you should have received an automated email with a link to allow you to enter your return date. Please be sure to update this with your final return date to ensure your participation and attendance is counted.

**ADDITIONAL INFORMATION**

**DID YOU KNOW, YOU NEED APPROVAL FOR TRAVEL TO SCIENTIFIC CONFERENCES …**

You can easily start this process by accessing the **Travel Approval for Scientific Conferences form** found on the MedScope COVID-19 Resource Tab.

**PLANNING TO SHADOW – PLEASE LET US KNOW FOR CONTACT TRACING!**

Shadowing is an important part of the professional/career development process and helps when considering various future specialties for practice. Currently, there are NO RESTRICTIONS based on SOM policies for shadowing (although depending on the COVID-19 situation in the community, there may be limited opportunities at various clinical sites). You must, however, let us know where you are going to be for contact tracing purposes – by complete the **SHADOWING Form** on the MedScope COVID-19 Resource Tab.

**GATHERING? WHAT SHOULD I CONSIDER WHEN HOLDING EVENTS/MEETINGS?**

Coming together is an important part of life of a UMSoM medical student. However, it isn’t as simple as it was before COVID. To ensure you are protecting yourself and the community, please review the most up to date UMB policies and procedures on the [UMB COVID Recovery Page for Events and Dining](https://www.umaryland.edu/coronavirus/students-and-postdocs/event-services-and-dining/).

Currently (Feb 2022), any indoor gathering of 25 or more people (or any indoor gathering with non-UMB visitors) requires approval. Please use the **Approvals for Meetings, Gatherings, Events Form** on the MedScope COVID-19 Resource Tab to begin the approval process. Additionally, only Grab&Go food is allowed at indoor events.

Note that is the responsible of the host (e.g. the student leader) to ensure that all UMB and SOM policies and procedures are being followed leading up to and during the event. This includes but is not limited to ensuring that attendance is taken to aide in contact tracing efforts should that be needed, and that attendees are following policies including appropriate masking and social distancing.

**MORE ON PPE…**

Stop by OSA to get your KN95 – up to 6 per student provided!

KN95 masks and N95 respirators are available at your clinical site for PoM. Discuss with your preceptor the appropriate PPE prior to seeing any patient. Your preceptor can also direct you to where to pick up your PPE as needed at the clinical site (it is the same place they get theirs 😊).

CO2025: Each of you were fit tested for an N95 respirator in August. Annual fit testing will occur each Fall thereafter. If you need to be re-fitted (due to change in facial structure, e.g. weight changes or after dental procedures) contact OSA to assist with scheduling.

CO2024: Annual Fit Testing for your class is ongoing for January/February 2022. If you have NOT received an appointment for fit testing, please reach out to OSA ([studentaffairs@som.umaryland.edu](mailto:studentaffairs@som.umaryland.edu)) to check your current status and to schedule. You will not need fit testing again until Jan/Feb 2023 – however, if you have significant changes in facial structure (e.g. weight changes and/or after dental procedures) you should be refitted soon, please contact OSA to schedule.

**STILL NOT BOOSTED?**

No problem, COVID-19 Boosters are widely available and easy to get! Schedule yours now at the [University of Maryland Immediate Care](https://www.umaryland.edu/coronavirus/vaccine/) site or take advantage of the upcoming opportunity below:

* **COVID-19 Vaccine Booster Day in Fayette Square** scheduled for Friday, Feb. 4, from 3 p.m. to 7 p.m., is now open to all UMB students, and is sponsored by Safeway and the University of Maryland School of Pharmacy. You can schedule an appointment [here](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmhealthcheckin.com%2Fcovidvaccine%3FclientId%3D1635044197223%26region%3DEastern_-_5%26assessmentType%3D3%26clientLogo%3Dlogo.png%26urlId%3D%252Fvcl%252FUMDbooster&data=04%7C01%7Ckthom%40som.umaryland.edu%7C1c5d31ab70df4234a58808d9e1e27971%7C717009a620de461a88940312a395cac9%7C0%7C0%7C637789185933319721%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=wcBBi%2FS7gRZ9XR39%2Bk%2BJz8OpgLb%2B8roo1W%2BhbQzUOeI%3D&reserved=0) and bring [this completed form](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Ffiles.constantcontact.com%2F504da196201%2Fdf9aedf8-4b46-4094-a56c-624ecd766dae.pdf&data=04%7C01%7Ckthom%40som.umaryland.edu%7C1c5d31ab70df4234a58808d9e1e27971%7C717009a620de461a88940312a395cac9%7C0%7C0%7C637789185933319721%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=aDMta2myO%2FIFGVHPGQrGbU2bAm6APFL3F70hAxaIrC8%3D&reserved=0) with you to the clinic.

**HELP! I CAN’T FIND TESTING.**

Please be sure to review the advice provided by the COVID-19 report form carefully to understand which test (e.g. PCR vs. Rapid Antigen) is best for your particular situation.

The most up-to-date information regarding COVID testing/testing sites can be found here: <https://www.umaryland.edu/coronavirus/testing-hygiene-and-health/>

Note that OSA has some rapid antigen tests on hand if you are unable to find elsewhere

**OK, WHERE EXACTLY IS THE MEDSCOPE COVID-19 RESOURCE PAGE – AND WHAT CAN I FIND THERE?**

Easily access this resource page from the link at the very top on the home page of MedScope or just click [here](https://medscope.umaryland.edu/pg/cv19/Covid19)! There is a great deal of useful information here, but use the COVID-19 QUICK LINKS (at the top of the page) to access …

Important UMB Links to the UMB COVID Recovery Site, UMB COVID Hotline, UMB COVID Exposure Guide, UMB COVID-19 Report Form

Links with up-to-date information regarding testing and vaccination

And all your SOM Resource Forms, such as

* UMSOM MD Program Virtual Learning Accommodations Request Form
* Request for Remote Assessment
* Shadowing Form
* Travel Approval for Scientific Conferences under COVID
* Approvals for Meetings, Gatherings, Events