**M3/M4 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

***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

**STEP 3:** Loop in your Course Director/Admin and OSA ASAP – all of whom are ready to support your unique academic needs during this process.

\*Keeping you on track towards graduation by meeting all of your curricular requirements and goals is a PRIORITY. We are here to assist you.

**STEP 4:** Welcome Back! When you are ready to return, all you need to do is complete the **M3/M4 Return to Clinical Site Attestation Form** on the MedScope COVID-19 Resource Tab. This will generate an email response to you indicating that you are cleared to return to in-person rotations. Simply show this to your course director and administrator before your return.

\*NOTE: 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.

***On no! I am on isolation/quarantine and I have an upcoming shelf 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.

**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.

**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 sites. Discuss with your attending/team the appropriate PPE prior to seeing any patient. They 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 😊).

CO2023: 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, please contact OSA to schedule.

CO2022: Your most recent fist testing (Winter of last year) should get you through to graduation – so there is no routine need to re-fit test. However, if you have had significant changes in facial structure (e.g. weight changes and/or after dental procedures) you should be refitted, 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/>

All UMMS Clinical Sites provide Rapid Antigen Test kits to students on clinical rotations for free; if you are still unable to access please reach out to OSA ([studentaffairs@som.umaryland.edu](mailto:studentaffairs@som.umaryland.edu))

**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

* Request for Remote Assessment
* M3/M4 Return to Clinical Site Attestation
* Travel Approval for Scientific Conferences