

## COVID-19 OMSE Student Services Response Plan for Medical Students (updated 10/21/2022)

COVID-19 vaccination or approved exemption is required by the University of Michigan. In addition, a booster vaccine is now required.

We do not need to know about close contact exposures at this time, unless you test positive or develop symptoms.

To get rapid 'home' antigen tests:

[COVID.gov/tests](https://www.covid.gov/tests) - Free at-home COVID-19 tests

The most up-to-date guidance from OHS may be accessed at:

<https://hr.umich.edu/benefits-wellness/health-well-being/occupational-health-services/coronavirus-information>

What to do if you have symptoms

Please review information from OHS at <https://hr.umich.edu/benefits-wellness/health-well-being/occupational-health-services/covid-19-information>.

What to do if you have exposure to someone with COVID-19

### **1. Workplace exposures to patients, visitors, or other health care personnel (HCP) with confirmed COVID-19**

High-risk exposure is defined as prolonged (cumulative total of >15 minutes over a 24-hour period) close contact (within 6 feet) while not wearing appropriate personal protective equipment (PPE):

- Not wearing a mask
- Not wearing eye protection if the person with COVID-19 was not wearing any type of mask
- Not wearing eye protection and a respirator while performing an aerosol-generating procedure on a patient with COVID-19 for any duration of time

Timing of close contact with confirmed case of COVID-19

- Within 2 days prior to symptom onset until 5 days after symptom onset (for exposure to patient with COVID-19: until patient meets criteria for discontinuation of Special Pathogens Precautions)
- If no symptoms, within 2 days prior to date of positive test until 5 days after

### **2. All other exposures to individuals with confirmed COVID-19**

High-risk exposure is defined as prolonged (cumulative total of >15 minutes over a 24-hour period) close contact (within 6 feet).

Timing of close contact with confirmed case of COVID-19:

- Within 2 days prior to symptom onset until 5 days after symptom onset
- If no symptoms, within 2 days prior to date of positive test until 5 days after

You do not need to report your exposure to OHS unless you develop symptoms.

Those who have completed their primary vaccine series > 2 weeks ago with or without a booster:

- may continue to work
- if asymptomatic, monitor for symptoms
- should get tested at days 1, 3, and 5 following the exposure using the [Community Sampling and Tracking Program \(CSTP\)](#)

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- If you develop symptoms, contact OHS

Please note that quarantine and testing guidance changes frequently, and any updates will be communicated. Additional information can be found on the [OHS website](#). The OHS COVID-19 call center is open 7 a.m. – 5 p.m. Sunday through Saturday. The number to reach OHS is (734) 764-8021.

What to do if you test positive:

1. *Contact OHS* if your test was done outside or at home. If you test outside of OHS and your result is positive, please report your positive test through this [link](#).
2. *Tell your clerkship/rotation director and coordinator* ASAP if you are a clinical student. If you are an M1, please notify your counselor and appropriate faculty/staff ASAP if you will not be able to attend required in-person activities; for Block-related activities, please email [scitrunkstaff@umich.edu](mailto:scitrunkstaff@umich.edu); for Doctoring, please email [doctoringcrs@umich.edu](mailto:doctoringcrs@umich.edu).
3. *All students: inform the Students Services team* (either through your counselor or to Denise Miller at [denisecm@med.umich.edu](mailto:denisecm@med.umich.edu)).
4. OHS will provide next-step info to you, including self-quarantine instructions.
5. If OHS orders further testing, they will notify you of the testing site and further instructions about returning to work/clerkship while testing is pending.

## COVID-19 TESTING AND ISOLATION GUIDELINES FOR MICHIGAN MEDICINE WORKFORCE MEMBERS

### Asymptomatic Employees

#### EXPOSURE

- May continue to work, regardless of vaccination status
- Do not report the exposure to OHS
- Monitor for symptoms
- Get tested at days 1,3, and 5 following exposure using [Community Sampling and Tracking Program \(CSTP\)](#), a [community testing resource](#), or a home antigen test

#### POSITIVE FOR COVID-19

- May return to work as soon as 5 days after positive test
- A negative home antigen test is required to return to work after 5 days

### Symptomatic Employees

#### COVID-19 SYMPTOMS, NOT TESTED

- Do not come to work
- Use the [MyUofMHealth patient portal](#) to assess eligibility and schedule a COVID-19 test
- If you are unable to access the portal, call OHS for a COVID-19 test: (734) 764-8021 between 7 a.m. -5 p.m. 7 days/week

#### POSITIVE FOR COVID-19

- May return to work when both are met:
  - 5 days have passed since symptoms began
  - 24 hours have passed without fever
- A negative home antigen test is required to return to work after 5 days

Please refer to the [OHS website](#) for additional information about testing and isolation.

Best practices:

High risk exposures defined: >15 minutes within 24h, within 6 feet, unmasked. Large gatherings of 25 or more are also high risk.

For activities that are *non-essential* to your education, whether sponsored by the institution or within the community, we highly recommend avoiding social gatherings within 5-7 days of the high-risk exposure, testing (either via home antigen testing or via the [Community Sampling and Tracking Program \(CSTP\)](#)), continued masking indoors and in high population settings even outside, as well as physical distancing, in order to promote the safety and wellbeing of our patients and our community.

If you have a fever, new dry cough, runny nose or sore throat that is persistent, you should not attend any classroom or clinical activities and should reach out to your counselor and clerkship/rotation director (if a clinical student) or appropriate Doctoring, Anatomy or other in-person courses (if preclinical) to make alternative plans. Please don't forget about CCA or additional in-person activities that might be impacted. Your counselor can help you navigate these things.

If you are impacted by COVID outside of being positive (e.g. child care cannot be obtained, you have a medical concern, etc), please do reach out to your counselor for support with other arrangements as necessary.

**IMPORTANT:** Always report to the Students Services team (via your counselor or to Denise Miller at [denisecm@med.umich.edu](mailto:denisecm@med.umich.edu)) if you are COVID positive.

Contacting OHS:

- For urgent matters, call (734) 764-8021 (available 7am-5pm Monday-Friday and 7am-12pm Saturday)
- For non-urgent matters, e-mail [occupational-health@med.umich.edu](mailto:occupational-health@med.umich.edu)
- Contact OHS by phone or e-mail prior to visiting in person
- OHS is located at C380 Med Inn Building; hours of operation are 7am-4:30pm Monday-Friday