

# FREQUENTLY ASKED COVID-19 QUESTIONS

Some of this information is quoted or adapted from Dr. Michael Deichen's 7-8-20 email, "Guidelines for Receiving COVID Tests, Reporting Results", from Dr. Michael Deichen, MD, MPH, Associate Vice President of UCF Student Health Services.

## Critical Points of Contact

**Dr. Soraya Smith (Soraya.Smith@ucf.edu): Contact if you develop symptoms or test positive for COVID-19.**

**UCF COVID Line (407-823-2509): Contact if you develop symptoms of COVID, have an exposure to someone with COVID, or have a positive COVID test for contact tracing.**

**Module Director and Module Coordinator: Contact if you will be absent and communicate if you will require to be quarantined with your date you can return to in-person activities.**

**Primary Care Provider: If you are sick, ensure you are reaching out to your primary care provider to obtain appropriate medical care.**

## 1. What can I do on my part to help stop the spread of COVID-19?

"No matter where we are, we must take the actions required to help us reduce spread by wearing facial coverings, respecting physical distancing, washing hands regularly, and avoiding large social gatherings. Remember that it is possible to have COVID-19 yet not exhibit symptoms, so practicing these behaviors is a matter of keeping those around you safe."

Each day you should review the newly revised screening questions on the COVID Self-Checker in the UCF Mobile app. You can download the app now, and the Self-Checker. The UCF Mobile app is available for iOS and Android smartphones and tablets. UCF Mobile can be downloaded at: <https://ucfmobile.ucf.edu>

You may also have additional screening (temperature checks, symptom checks, etc...) at your community of practice (COP) clinical site if applicable.

If you develop **symptoms**, contact Dr. Soraya Smith in Student Affairs ([Soraya.Smith@ucf.edu](mailto:Soraya.Smith@ucf.edu)) and consult your primary care provider to determine if you need to be tested.

"UCF has [compiled a robust list of FAQs](#) that addresses common questions, and we are making regular updates to the [university's coronavirus website](#)."

## 2. After I start my M1/M2 in-person activities, do I ever need to be tested for COVID-19?

Although we are providing screening tests at the start of your in-person activities, exposure to COVID-19 remains possible after this initial test, and the level of risk of your exposure needs to be determined through your primary care physician and/or UCF Student Health.

"If you develop **symptoms**, contact Dr. Soraya Smith in Student Affairs ([Soraya.Smith@ucf.edu](mailto:Soraya.Smith@ucf.edu)) and consult your primary care provider to determine if you need to be tested."

"If you are sick, stay home, [contact your primary care provider](#) and avoid contact with others. Students and employees may call the UCF COVID Line at [407-823-2509](tel:407-823-2509)."

**NOTE:** Testing may not be appropriate for all individuals, [according to CDC guidelines](#). It is important to consult with your primary care provider about whether a test is necessary.

Your risk of exposure is greatly reduced if you have been wearing face coverings and practicing physical distancing and sanitizing protocols.

“Based upon consultation with a doctor, you could be tested at one of the [UCF testing sites](#) or a location near you. While you exhibit symptoms or await a test or test results, stay home and avoid contact with others until you learn whether you are positive for COVID-19 or have been cleared by a health care provider.” Keep your module director and coordinator informed throughout this process.

### **3. What do I do if I test positive for COVID-19?**

- Stay home and do not come to your COP clinical site or the UCF COM. Let Dr. Soraya Smith in Student Affairs know ([Soraya.Smith@ucf.edu](mailto:Soraya.Smith@ucf.edu)). Let your module director and coordinator know, and apply for an excused medical absence. Means of making up missed days or mandatory events will be determined on a case by case basis.
- “Avoid contact with others, and do not leave home for non-essential reasons. Consider contactless methods for grocery shopping and picking up medication, for example, and do not engage in any activity where you could expose others.”
- “If you have not already, notify the UCF COVID Line by calling [407-823-2509](tel:407-823-2509) to coordinate contact tracing with the Department of Health.”
- “Consult with your doctor before resuming normal activities, including returning to work.” You need to send Soraya Smith a note from your doctor clearing you to return to in-person educational activities, and communicate your clearance to your module director and coordinator.

#### **If Someone Close to You Tests Positive for COVID-19**

- Stay home and do not attend any of your in-person activities either at the UCF COM or at your COP location until the level of risk of your exposure is assessed through UCF Student Health. Follow their medical instructions regarding any testing that may be needed and whether you can return to your in-person activities.

### **4. Can I travel, (a) within Florida and (b) outside Florida, after I start my M1/M2 in-person activities?**

Since any future travel increases the chance of getting and spreading COVID-19, UCF COM recommends that students follow the CDC guidelines of staying home as much as possible if travel is not essential. In general, ‘the traveler should beware’, as you may face quarantine upon your return to Orlando, depending upon the status of COVID-19 in the area where you travel. Since we will have in-person teaching that brings together faculty, staff, and classmates, your exposures (both related to local activities and travel) outside the UCF COM will have an impact on a potentially large number of individuals.

Special attention should be given to international travel, as the risk of exposure to COVID may be dramatically different in different parts of the world.

As such, travel is not explicitly restricted, but requires a high degree of professional and social responsibility on your part as a physician in training.

**5. What if I do not feel safe to participate in in-person activities either at UCF COM or COP?**

- There is a wide variety of in-person activities to include participation in cadaveric dissection, development of physical exam skills, community of practice, small group learning and larger didactic sessions. Some of these activities may be accomplished via remote online modalities, but other activities (e.g. physical exam skills) require in-person teaching. Each module director has established alternative educational activities to replace in-person teaching wherever possible for those individual learners who do not feel safe. However, for those activities that require in-person teaching, any learner who does not feel safe to participate will need to accomplish this training before progressing to the next academic year. This may include required remediation over the Summer, shortening of Step 1 study period, or even a delay in the start of clerkships. We will work with each student individually to develop a plan to accomplish the required activities to progress.
- If you decide to delay the start of your in-person teaching activities, notify—by Friday, Sept 25<sup>th</sup> at 5:00pm—the following by email: (a) Dr. Soraya Smith ([Soraya.Smith@ucf.edu](mailto:Soraya.Smith@ucf.edu)) in Student Affairs, (b) Dr. LaRochelle ([Jeffrey.LaRochelle@ucf.edu](mailto:Jeffrey.LaRochelle@ucf.edu)), (c) Liz Ivey ([Liz.Ivey@ucf.edu](mailto:Liz.Ivey@ucf.edu)), (d) Philip Bellew ([Philip.Bellew@ucf.edu](mailto:Philip.Bellew@ucf.edu)), and (e) Margaret Orr ([Margaret.Orr@ucf.edu](mailto:Margaret.Orr@ucf.edu)). The delay may cause your completion of the core clerkships to be extended into your M4 year.
- The logistics of changing a schedule are extremely complex. If you decide to delay the start of your in-person activities, *your decision will be final.*
- If your delay is prolonged, and you do not plan to stay actively enrolled, make sure your first check how this will impact your financial aid with Financial Aid Services in Student Affairs.

**6. HOW do I protect myself at COP clinical rotations? Tips from Feroza Daroowalla MD MPH:**

- You will not be entering known COVID patient or PUI rooms.
- Patients may have COVID without the knowledge of the team. Wear a surgical mask and face shield as much as possible in direct patient care even if the patient is masked.
- Remove and leave your work clothes and shoes in the car, garage, or at the door of your home. Use clothes that can be washed regularly in soap and water. Keep your hair tied up or covered while at work. Keep nails short and clean so that you can do good hand washing.
- Follow site rules for daily screening.
- Follow site rules for use of PPE which may include fit testing, limited access to certain rooms, pre-screening of patients before you enter rooms.
- Masks are not effective with facial hair, and it is highly recommended that beards be removed if at all possible
- Get knowledge of site recommendations of higher-level PPE in certain hospital locations such as ER and ICU.
- Be extremely sensitive to the use and wastage of PPE. Most sites are rationing these. Even for the non-N-95 masks and regular gloves, be aware of widespread shortages.
- In workspaces, nurses' stations, conference rooms, hospital hallways, elevators- maintain reasonable social distancing and maintain mask wearing at all times.
- The virus is killed by soap – hand washing/alcohol cleaner use after each patient encounter is recommended.
- While on rotation, limit your exposure outside work and wear masks when you go to stores, socialize or go to the gym. Outdoor activity is highly recommended/preferred as transmission is much lower in those settings.

**7. Staying healthy... tips from Dan Topping, MD:**

- Mind your stress: Take a few moments to consider your breathing, listen to a favorite song, or watch a favorite movie.
  - Maintain a healthy diet: Choose a rainbow of fruits and vegetables, and consume fiber-filled, nutrient-dense foods with anti-oxidants and whole grains. Stay hydrated!
  - Keep moving: Maintain regular physical activity at least 30 minutes, 5 days weekly.
  - Avoid smoking: Any smoking, vaping, etc... can be toxic to your lungs.
  - Get quality sleep: Aim for 7-9 hours of sleep nightly, and try to develop a “wind down” period to include reading, listening to music, journaling, etc...
  - Stay connected: Physical distance does not mean social distance... stay connected with friends and family. Not all zoom has to be about school!
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