Dear COM – Tucson students,

I want to make you are aware of the CDC’s “15 Days to Slow Down the Spread” initiative announced on 3/16/20; please see the attached document. None of the suggestions that are included in this initiative are new; however, the CDC believes that if everyone follows the advice for 15 days, the spread of COVID-19 will be significantly slowed. I urge you to do your part, including avoiding gatherings of more than 10 people.

Guidance for evaluation of ill medical students during the COVID-19 Pandemic

**When to get evaluated:**
- Immunosuppressed; URI symptoms
- URI symptoms and fever
- URI symptoms and short of breath

If positive for COVID-19, 14-day home quarantine

If negative for COVID-19, 7 days at home or until symptoms resolve.

**When not to get evaluated:**
- URI symptoms, no fever, no dyspnea and immunocompetent

Stay at home for 7 days. Can then return if no fever and resolution of symptoms.

Students may use UA Campus Health to receive testing. Please call Campus health at (520) 621-9202 before going there so you can be directed to the appropriate location.

[https://health.arizona.edu/](https://health.arizona.edu/)

More testing options will likely be available shortly; I will keep the class updated.

For up to date information on COVID-19, including steps you can take to limit spread of the virus, please visit the following sites:

COM – Tucson: [https://medicine.arizona.edu/faculty-staff/offices/information-technology-services/service-desk/alerts/covid-19-college-medicine](https://medicine.arizona.edu/faculty-staff/offices/information-technology-services/service-desk/alerts/covid-19-college-medicine)

University of Arizona: [https://www.arizona.edu/coronavirus-covid-19-information](https://www.arizona.edu/coronavirus-covid-19-information)

I want to thank the many students who have reached out to offer support to the COM – T, Banner Health, and our patients. It is much appreciated during these difficult times. My wish is that you continue to take care of yourself – eat well, exercise (not in groups!), provide reassurance and support to those who need it, and laugh at least once a day.

Best,

KM

—

Kevin F Moynahan, MD FACP  He/Him/His
Deputy Dean, Education
Director, Societies Program
Professor of Medicine
University of Arizona College of Medicine – Tucson