Safe In-Person Learning for the MD Program Hybrid Year 20-21

Overview of Safe Practices

- Monitor symptoms each morning in the COM-T **Symptom Checker**
- Wear a mask at all times, unless you are eating. When you are eating, ensure you are socially distanced.
  - **How to Don (put on) PPE**
  - **How to Doff (take off) PPE**
- Wash your hands. Wash your hands before coming into the building, before entering and upon leaving a room, after touching common items (e.g. chair, table, etc.) in a room.
- Stay socially distanced.
  - Stay 6 feet apart as best as possible when walking in hallways, when at your lockers, when entering/exiting rooms and buildings.
  - Stay 6 feet apart when sitting in the same room, and when eating (whether indoors or outdoors).
  - In clinical practice, it’s not always possible to stay 6 feet apart. There will be times, like Doctor and Patient for physical exam, where you will wear a mask and gloves, and be closer than 6 feet. When socially proximal, we do it safely – i.e. wearing a mask and gloves, ensuring hands are washed before entering, ensuring we monitor for symptoms before the session begins.
- Keep others safe:
  - The culture of safety is everyone’s responsibility. For example, if you see someone forgetting to wear their mask, or wash their hands, remind them in a professional and friendly tone to engage in safe practices.
  - Stay healthy and **monitor for symptoms**. Our faculty, staff and Standardized Patients (SPs) work in multiple environments where they are essential to health care teams and their own families and members in their personal lives. Staying healthy in our personal lives matters just as much, so we keep everyone healthy.

How to Come to, and Leave, In-Person Anatomy Sessions

- **Arrive to COM** ahead of your group’s entry time.
  - Ensure you have completed the **Symptom Checker** at least 15 minutes before the session starts.
  - Wash your hands with hand sanitizer before you enter building.
  - Only you enter per badge swipe – no strangers or friends come in behind you.
- **Bring only the minimal items you need** (you, clean hands, closed-toe shoes, wearing your mask).
  - Anatomy will provide gloves, apron, eyeglasses.
  - iPad/iPhones are allowed in Ziploc bags for use at station.
- **Leave any personal items in your locker**, then wash your hands.
- **Wait in the staging area** (hall outside lab entrance) until your group is called.
Please stay 6 feet apart (social distancing floor stickers will guide you).

- Enter anatomy without touching the doors (they will be propped open).
- Listen to instructions for which table to proceed to with your team. We have socially distanced the tables.
- Engage in the anatomy session by following the instructions from the faculty and anatomy team.

At the end of your anatomy session:

- Clear your area, return borrowed items as per the instructions, and remove gloves into the garbage by rolling from wrist to fingers.
- Wash your hands.
- Leave without touching the doors (they will be propped open).
- Continue down the hallway the long way and around to your lockers so the next group in the staging area can come in.

Please note: During COVID-19 re-entry to campus, the lab is accessible only during scheduled and supervised anatomy teaching and practice sessions. Swipe access to lab is disabled and not available for afterhours access.

How to Come to and Leave Doctor & Patient Sessions at HSIB

- Arrive to HSIB by 12:30pm. Enter through the east side main doors.
- Ensure you complete the Symptom Checker at least 15 minutes before the start of your session
- Wash hands and then head to elevators or stairs to get to the CaPS Clinic on 8th Floor while following safe practices (e.g. wear masks, 2 people per elevator, stay 6 ft socially distanced when waiting for elevator and when on the stairs, if you use railing wash hands before entering CaPS)
- Upon arrival, follow posted directions and/or instructions of CaPS staff to find lockers. Limit your personal belongings; however, you must have mask, face shield, and stethoscope. Proceed to designated debrief room.
  - Face shield will be distributed at the first session. Bring a paper or plastic bag to store the shield in and bring to/from future sessions.
- Wash hands and await your mentor.
- Your mentor will direct the specific activities for the afternoon.
  - When you enter the clinic exam room, you must wear face shield.
  - Wash hands in front of patient upon entering exam room.
  - Wash hands when leaving patient.
- Follow directional floor arrows to return to debrief room or to locker.
- At end of day, gather personal belongings and sanitize the locker using bottles of sanitization solution and wipes provided
- Exit building following safe practices for use of elevators or stairs (e.g. wear masks, 2 people per elevator, stay 6 ft socially distanced on stairs, if you use railing wash hands).
How to Engage in Volunteer Clinics

- Check and ensure your health insurance policy covers you for volunteer clinics. If you are on Campus Health insurance, their policy does cover volunteer work.
- For travel to/from the site, follow all safe practices established by the University of Arizona (wear mask, wash hands, socially distance).
- Follow the safe practices at the site.
- If you are ill or have symptoms, exit to self-isolation, and contact Campus Health or your health care provider.
- Notify Curricular Affairs coordinator for your course that you are ill or have symptoms, and will be doing alternate learning activities.

How to Monitor for Symptoms

Every day you should check for symptoms. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.1

What do I do if I have symptoms?

1. Tell the appropriate contact for the part of the curriculum you are in when symptoms arise (e.g. Doctor & Patient course, tell Societies mentor; If in anatomy lab, tell the anatomy lab team; If in active learning online, tell the course coordinator).
2. Go home and self-isolate.
3. Connect with your MD and follow their instructions.
   a. If your health care is through Campus Health, call first and follow their instructions (insert contact info for Campus Health).
4. While you self-isolate, if your symptoms are mild, stay on track of your studies by engaging in the alternative learning activities planned by COM and complete exams online.
a. If your symptoms or illness are severe, follow your physician’s advice.
b. Please see Attendance and Absence Policy for submitting absence request.

The College of Medicine - Tucson Symptoms Checker
Instructions:
1. It is required that all students complete a symptom check before attending any on-campus activities.
2. You must complete the symptom checker 15 minutes prior to the start of the in-person sessions.
3. Your student 8-digit ID number is required but will not be distributed for any purposes other than to check for completion.
4. The symptom checker only needs to be completed once per day.

Where can I eat at COM?
- You will need to bring your own food, hand sanitizer.
- The student lounge is closed as social distancing cannot be maintained. This also means there is no microwave to re-heat food. Plan ahead accordingly.
- Choose an area that is socially distanced. If eating with peers, ensure you are sufficiently distanced as you have your masks off when eating. For example, the tables outside the COM-T main entrance may have multiple seats, but only 2 people can be at each table to be appropriately socially distanced.
- Don and doff your mask according to CDC procedures:
  - How to Don (put on) PPE
  - How to Doff (take off) PPE

Can I share electronic devices or earphones?
- Earphones cannot be shared with 2 people at once, as doing so reduces the required social distance of 6 feet.
- If you are sharing a device with someone else, sanitize it first, then pass it to the other person. Avoid sitting side-by-side when viewing, as this would remove social distance.

References