COVID-19 Quick Guide:
Exposure and Testing

Many student exposures will be low risk because proper PPE and distancing will be observed. See CDC link below defining risk of exposure and overview of testing recommendations.

- A high-risk exposure is when proper PPE is not utilized during the encounter, exposure is prolonged (15 minutes or greater) and/or appropriate distancing is not observed.

Definitions:
Quarantine keeps someone who might have been exposed to the virus away from others.
Isolation keeps someone who is infected with the virus away from others, even in their home.

1. Testing Guidelines
   a. If you have symptoms
   b. If you test positive for COVID-19
   c. If you test positive for COVID-19 and are asymptomatic
   d. If you receive a positive COVID-19 test from on-campus test
   e. If you receive a positive COVID-19 test from off-campus site

2. Exposure guidelines
   a. If you may have been exposed to COVID-19 on campus
   b. If you are exposed to COVID-19 in your personal life
   c. If you are exposed to COVID-19 on clinical-rotations
   d. Increased risk given other health related conditions

3. Helpful Links

Testing Guidelines

a. If you have symptoms: please observe the CDC guidelines.
   a. Get tested and Quarantine until results are available
   b. If results are negative, and symptoms improved, may resume campus/clinical activities
   c. If results are negative, but symptoms persist/or worsen, continue to Quarantine until symptoms resolve, and consider re-testing.
b. If you test positive for COVID-19
   • Self-Isolate
     o Isolate for 10 days from the start of your symptoms OR the date you tested positive, whichever came first. You should be fever-free for at least 24 hours before leaving isolation. [UA Self-Isolation Guidelines](https://www.arizona.edu/) and [UA COVID-19 Student Reporting Guidelines](https://www.arizona.edu/).
     o CDC [Isolation guidelines](https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html): keeps someone who is infected with the virus away from others, even in their home.
   • We are all here to support you. Your course directors, Dr Lisa Shah-Patel, Dr. Paul Standley, years 1-2 and Dr. Katie Brite years 1-4 Clinical Curriculum, will work collaboratively regarding your curriculum and academic progress.

c. If you test positive for COVID-19 but are asymptomatic
   • Self-isolate for 10 days from your test and continue to monitor for symptoms, if you develop symptoms make sure you fever-free for at least 24 hours before leaving isolation. Please see [COVID-19 reporting guidelines](https://www.cdc.gov/coronavirus/2019-ncov/about.html) and [self-isolation guide](https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html).

d. If you receive a positive COVID-19 test from on-campus test
   a. Campus health will do all necessary paperwork and contact tracing options.
   b. Self-Isolate
      Isolate for 10 days from the start of your symptoms OR the date you tested positive, whichever came first. You should be fever-free for at least 24 hours before leaving isolation. Please see [COVID-19 reporting guidelines](https://www.cdc.gov/coronavirus/2019-ncov/about.html) and [self-isolation guide](https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html).
      CDC [Isolation guidelines](https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html): keeps someone who is infected with the virus away from others, even in their home.

e. If you receive a positive COVID-19 test from off-campus site:
   a. You need to report your positive test to [campus health](https://www.arizona.edu/)
   b. Self-Isolate
      Isolate for 10 days from the start of your symptoms OR the date you tested positive, whichever came first. You should be fever-free for at least 24 hours before leaving isolation.
      d. For more information refer to your blue exposure care as well as the [COVID-19 Best Practices document](https://www.cdc.gov/coronavirus/2019-ncov/cdc-developed-guidance.html) and PowerPoint on exposure.
e. If you have questions, feel free to reach out to Tacha Lyons as well as she can help guide you (tylyons@arizona.edu).

UA Campus Health: https://health.arizona.edu

UA Campus Health COVID-19 processes: https://health.arizona.edu/SAFER

Exposure Guidelines

a. If you may have been exposed to COVID-19 when on campus: if a student has been exposed while on campus: complete the risk management form and contact UA Campus Health in Tucson. Campus Health will do a Telehealth Exam with a UA Campus Health Provider students will need to follow the instructions given by them. Students need to report the positive or negative to Campus Health only.

b. If you are exposed to COVID-19 in your personal life CDC guidelines will be observed.
   - If not High-Risk you may continue your clinical rotations, on campus activities, and day to day activities, with appropriate PPE, while closely monitoring for symptoms.
     - If high risk (excessive time spent with COVID+ individual in unmasked environment such as roommate or family member) get tested 3-5 days after known exposure.
     - UA Quarantine while awaiting test results. If test is negative and no symptoms, may resume activities
       - CDC Quarantine guidelines: keeps someone who might have been exposed to the virus away from others
     - If test is positive and/or you have symptoms
       - Isolate for 10 days from the start of your symptoms OR the date you tested positive, whichever came first. You should be fever-free for at least 24 hours before leaving isolation. Please see COVID-19 reporting guidelines and UA Quarantine guidelines.
       - CDC Quarantine guidelines: keeps someone who might have been exposed to the virus away from others

   - If you test positive and did not have the test done by the school, students must contact UA Campus Health. If you test and receive a negative result, there is no need to contact UA Campus Health.
• If a student is exposed outside of school (for example during a social function, family gathering, roommate, etc.) students do not to complete the UA Risk Management form. For additional information see the UA COVID Website. CDC Quarantine guidelines: keeps someone who might have been exposed to the virus away from others.

c. If you are exposed to COVID-19 on clinical rotation: please follow protocol of clinical site and follow the steps on the blue Occupational Exposure card, including notifying campus health.

• Clinical sites should be following CDC guidelines for healthcare workers, and you will follow the process of your clinical site and fill out the UA risk form per exposure card.
• If Occupational health services for students at clinical site is not available, UA campus health services will work with student to navigate the CDC guidelines and determine appropriate steps.
• Please communicate directly with your clinical team/site director immediately after exposure to determine appropriate next steps
  o Remember, most COVID exposures on clinical rotations or during on campus doctoring/SIM events will be classified as low risk
  o Please check the CDC COVID-19 symptoms for more information.

• Email the following people:
  o Your clerkship/course director to discuss a plan for meeting course requirements while you take care of yourself.
  o Dr. Shah-Patel, Interim Associate Dean Student Affairs, and Dr. Brite, Associate Dean Clinical and Competency Based Education so they may collaboratively work together to determine appropriate curricular steps to support students on a case-by-case basis. Their emails are: lshahpatel@arizona.edu and kbrite@arizona.edu.

STEPS for ALL exposures including COVID-19

1. Please fill out the risk management form from your blue card as you have been exposed on your rotation.
   a. Select option 5: Non-Employee Incident
   b. The form will ask for a reporting person, please put Tacha Lyons information.
2. Call UA Campus Health Tucson at 520-621-6490 and let them know you have had an occupational exposure.
3. Follow the guidelines set by Campus Health regarding paperwork, etc.
Increased risk given other health related conditions

Adults of any age with the following conditions **are at increased risk** of severe illness from the virus that causes COVID-19. Therefore, we highly recommend that you reach out to Campus Health Services for further guidance if exposed and you suffer from, but not limited to the below:

- **Cancer**
- **Chronic kidney disease**
- **COPD (chronic obstructive pulmonary disease)**
- **Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies**
- **Immunocompromised state (weakened immune system) from solid organ transplant**
- **Obesity (body mass index [BMI] of 30 kg/m\(^2\) or higher but < 40 kg/m\(^2\))**
- **Severe Obesity (BMI ≥ 40 kg/m\(^2\))**
- **Pregnancy**
- **Sickle cell disease**
- **Smoking**
- **Type 2 diabetes mellitus**

Adults of any age with the following conditions **might be at an increased risk** for severe illness from the virus that causes COVID-19. Therefore, we highly recommend that you reach out to Campus Health Services for further guidance if exposed and you suffer from, but not limited to the below:

- **Asthma (moderate-to-severe)**
- **Cerebrovascular disease (affects blood vessels and blood supply to the brain)**
- **Cystic fibrosis**
- **Hypertension or high blood pressure**
- **Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines**
- **Neurologic conditions, such as dementia**
- **Liver disease**
- **Overweight (BMI > 25 kg/m\(^2\), but < 30 kg/m\(^2\))**
- **Pulmonary fibrosis (having damaged or scarred lung tissues)**
- **Thalassemia (a type of blood disorder)**
- **Type 1 diabetes mellitus**
Helpful Links:


- University of Arizona Covid-19 test and trace: https://covid19.arizona.edu/test-trace-treat/positive-case-protocol


- University of Arizona Campus Health reporting: https://health.arizona.edu/SAFER


- PowerPoint for students on COVID-19 and Regular Exposure


- UA Risk Management Form: https://risk.arizona.edu/insurance/incident-reporting