

## COVID 19 Pandemic Expectations for UNC SOM students

In support of our collective health and safety, each of us has a responsibility to know and act on these standards and policies in a way that maximizes a safe and healthy environment for us to teach, work, learn and live. This is a core competency of the UNC SOM: **Students must demonstrate a commitment to professional service, adherence to ethical principles, sensitivity to patients, and maintain personal health and well-being.**

### When I leave home:

- **I will wash my hands often.** Research continues to support that washing your hands with soap and water is one of the best ways to remove germs, avoid getting sick and prevent the spread of germs to others. Always wash your hands after you touch highly touched surfaces, such as doorknobs, elevator buttons and photo copiers, and avoid touching your face, especially after coming into contact with these highly touched surfaces. Hand hygiene is especially critical after sneezing or coughing, after using the bathroom, before and after eating and throughout the day. If soap and water are not available, use a hand sanitizer with at least 60% to 90% alcohol as hand sanitizers are also effective at preventing the spread of germs. Also, wash your hands before and after handling a face mask or facial covering.
- **I will practice physical distancing.** Research has shown that transmission of COVID-19 can occur even when individuals are asymptomatic. Physical distancing is a key way we can help limit the spread of the virus. Stay at least 6 feet away from other people whenever possible in all indoor and outdoor settings. Avoid gathering in large groups and avoid crowded areas.
- **I will wear a face mask.** Face masks must be worn from entering buildings to leaving buildings and in indoor common spaces. When eating or drinking, masks do not need to be worn but 6 foot physical distance must be maintained. Masks must be worn in outdoor situation where you cannot maintain a 6-foot physical distance. Face masks do not need to be worn at home or in private office when alone. If the mask becomes damaged or visibly soiled, it needs to be replaced. Cloth masks or face coverings should be washed daily, and the fabric design or pattern should be appropriate for the classroom and the workplace.
- **I will adhere to gathering limits.** Individuals and groups, including student and community organizations, should limit in-person programs, events and social gatherings to the number of individuals specified by national, state and local guidance. In Phase 2 this is 10 people inside and 25 people outside.

### **When I work in clinical settings or come to school**

- **I will self-check for symptoms daily.** Before leaving home for work or study each day, all individuals should check for symptoms: temperature >100, new muscle aches, new or worsening cough, sore throat, runny nose, congestion, shortness of breath, recent loss of smell or taste, vomiting, diarrhea, or recent contact with someone who tested positive for COVID-19. Anyone who is experiencing any symptom(s) indicated on the screening checklist must not go to class or work and should contact their health care provider.
- **I will wear a medical mask at all times when I am in a clinical setting.** Face masks must be worn from entering buildings to leaving buildings and in indoor common spaces. When eating or drinking, masks do not need to be worn but 6 foot physical distance must be maintained.
- **I will wrap around eye protection or a face shield when I interact with patients.** Wearing both a mask and appropriate eye protection has been shown to decrease transmission of COVID19. For those with prescription glasses, wrap around eye protection or face shields should be worn over prescription glasses. Even an exposure to a patient who is COVID positive and not wearing a mask is considered a low risk exposure if you are wearing a mask and appropriate eye protection.