

## 10/14/2020 – Self-Assessment Health Screening Chat Bot & Travel

Hello students,

An Upstate Announcement was sent out today reminding all those who enter the Downtown Campus through the hospital bridge to use the Self-Assessment Health Screening Chat Bot. This will help to accommodate two lanes on the bridge - one for staff who have used the chat bot and visitors entering the building, and the other lane for staff leaving.

That announcement prompted me to send you a few other reminders.

All of us should be using the chat bot or asking ourselves the screening questions daily, to help detect any symptoms that may be due to coronavirus. If you answer yes to any questions, please consult the Employee/Student Resource line at 315-464-8436 for further instructions. This is an important step in limiting coronavirus transmission.

Anyone who travels away from campus must follow Upstate's Travel Advisory and Return Procedure During COVID-19 policy (COV T-09). This guidance is for students (also faculty and staff) who are entering an Upstate facility after spending > 24 hours in states or countries with significant rates of COVID-19, as designated on the travel advisory list from New York State. <https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcoronavirus.health.ny.gov%2Fccovid-19-travel-advisory&data=04%7C01%7CAndersSu%40upstate.edu%7C3ccebcc751f8459a13cd08d870b26877%7C5cf50a665e2641dd89f883cf73ffee98%7C0%7C0%7C637383258861876732%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEhaWwiLCJXVCi6Mn0%3D%7C1000&data=JH107J98ertX8MOuXjGQOmwrKSScEGwkwAPBvLDY9JY%3D&reserved=0>

In brief, anyone traveling to a high risk area MUST be tested for COVID-19 within 24 hours of arrival to New York. While test results are pending, students who are asymptomatic may attend classes in person, wearing a mask at all times, monitoring symptoms, and checking temperature daily for 14 days after travel. If students have symptoms at any time, they need to stay or return home, notifying the appropriate faculty and/or staff from their course(s)/clerkship(s), and call the Employee/Student Resource line at 315-464-8436 or contact Employee/Student Health (ESH) at 315-464-4260 for further instructions. If students test positive, they must notify ESH and guidance will be provided.

Note that transmission can occur in areas that are considered low risk - it only takes one person with coronavirus to spread it to others. You have been doing a great job following the rules in clinical settings and on campus. With positive cases now in most communities, we urge you to be equally vigilant when you are away from work. Wear a mask if you are in a store or any building other than your home. Exit the building if others inside are not wearing masks. Avoid gatherings (limit groups to four or fewer) and especially do not dine in restaurants or visit bars. If you want to share a meal with friends, getting take out and eating outside with space between folks is the way to go.

To limit travel and related exposures, MS1 and MS2 instruction will be delivered remotely after Thanksgiving, through winter break. In addition, we ask that everyone limit travel over the next few weeks to that which is essential.

First through third year students are reminded that you should not be working with patients known to be positive for or suspected to have COVID (i.e. if the team puts on full protective gear or the patient is in a negative pressure room, you should not enter the room). Fourth year students are allowed to care for patients with or suspected to have COVID with appropriate training and PPE, but participation is voluntary (not required - MS4s must opt in).

Thank you for all the hard work you have done already this year to stay healthy and to keep others safe as well. If you have concerns or questions, please do not hesitate to contact me, Dr. Poole, or Dr. Mason.

I leave you with one last suggestion - tomorrow (or today, depending on when you read this), take a few minutes between lectures, labs, question banks, office visits, surgeries, etc. to step outside, smell the fall air, see the changing leaves, and feel the sun's warmth! You'll be glad you did!

Dr. Lesperance

Let's work together to keep our community safe! Follow the rules, pay attention to signs, wear face masks, stay six feet apart when possible.

Leann Lesperance, MD, PhD, FAAP (she/her/hers) Associate Dean for Undergraduate Medical Education