



## UMB RECOVERY TASK FORCE

**May 28, 2021**

Tuesday, June 1, is a big day for some of us: the first day back on campus at the University of Maryland, Baltimore (UMB).

Being prepared to work with others indoors can cause trepidation, excitement, and a whole range of emotions. You can share these moments on social media by using #UMBtogether.

The biggest step is just walking through the door and showing up. Watch [a special video message](#) from UMB President Bruce E. Jarrell, MD, FACS, about why it is so important to have more of us working together in person again.

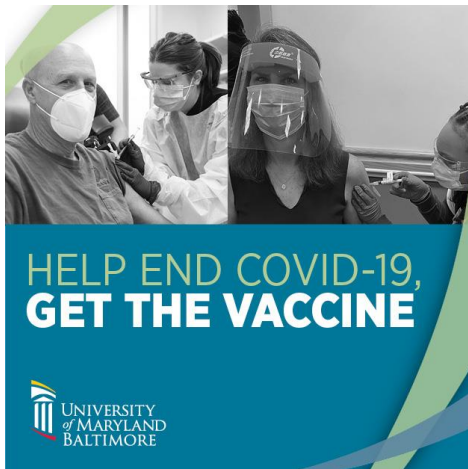
This [letter from Environmental Health and Safety](#) hits on the key things to know when you return to campus: face coverings, elevator usage, and eating in lunch rooms and break rooms.

All of this information and more is found on both the online [Return to Campus Guide](#) and the [UMB Recovery website](#). If you are still unsure about what to do, please talk to your supervisor or check your individual school's website and communications for guidance tailored for those learning and working environments.

### **This week's highlights detailed below:**

- COVID-19 Management Portal
- Appointments, Walk-Up Vaccines Available at UMB Clinic
- Vaccination Deadline Is Aug. 2
- Return to Campus Mental Health Resource of the Week
- Visitors Guidance and Acknowledgment Form Updated

- URecFit and Wellness Reopening June 1
- Vaccine Hunt and Our Regional Economy
- Travel Policy Updates
- International Vaccines and Inbound Travel FAQs
- Get the Vaccine to Get Back to Normal
- Eating at Work and Events
- On-Campus COVID-19 Testing at UM Immediate Care



## COVID-19 Management Portal

The **UMB COVID-19 Management Portal** allows faculty, staff, and students to:

- Approve or deny Chesapeake Regional Information System for our Patients (CRISP) COVID-19 health information sharing
- Upload vaccination dose information (if not using CRISP)
- Schedule vaccination appointments at the UMB Vaccination Clinic
- Request a vaccination exemption

Users will first see the CRISP authorization screen when they log



## Appointments, Walk-Up Vaccines Available at UMB Clinic

Children 12 and older can receive a dose of the Pfizer COVID-19 vaccine at the UMB Vaccination Clinic.

A parent or legal guardian must accompany anyone under age 18.

**Walk-up slots** are available Thursday from 2:30 p.m. to 6:30 p.m. and Saturday from 10:30 a.m. to 4:30 p.m. for:

- UMB students and employees
- Native Americans and tribal agency employees

in if they haven't answered the form previously.

Test results and dose information are typically shared the next day to the COVID-19 Management Portal via CRISP.

The **medical and religious exemption** process can be **viewed online**. The submission process and forms are available through the UMB COVID-19 Management Portal.

- Baltimore City residents, workers, and students
- Baltimore metro area residents

For a walk-up vaccination, please go to 601 W. Lombard St., Baltimore, MD 21201.

This includes all students, faculty, and staff of UMB, as well as alumni, family members, friends, and neighbors.

Appointments can be made by going to our one-stop website for the clinic, **[GetTheVaccineBaltimore.org](https://www.getthevaccinebaltimore.org)**, or by calling 410-706-3000 weekdays between 9 a.m. and 5 p.m.



## Vaccination Deadline Is Aug. 2

Don't wait until it's too late: Plan ahead!

To meet the terms of the University System of Maryland (USM) COVID-19 vaccination mandate, UMB employees and students should plan to have your final dose — whether a one-shot or two-shot vaccine — administered by **Aug. 2**.

Target July 1 for the first dose.

A list of FAQs about the vaccine requirements is available on the **[COVID-19 Vaccine page](#)**.

Please consult with your dean or vice president concerning your specific return to campus processes.



## Return to Campus Mental Health Resource of the Week

Each week, the Recovery Recap will highlight a mental health resource to help with the re-entry into the office.

business.

Many of us will experience a hybrid work environment, doing work online at home and coming to the office for in-person

This week, **Michelle Pearce, PhD**, clinical psychologist and professor in the University of Maryland Graduate School, presented ***Seven Strategies on Building Resilience and Preventing Burnout for Online Instructors***. These are great tips for people experiencing stress in the workplace.

Here's one strategy: Protect your personal time.

Pearce said you should set and communicate your boundaries for availability to co-workers, supervisors, and students.

"It feels like you're supposed to be available all the time, and the truth is we don't have to be," Pearce said. "We have to decide what's reasonable for us, and then set those limits and communicate those limits or those boundaries to other people."



### Visitors Guidance and Acknowledgment Form Updated

Changes to the ***UMB Visitors Guidance*** and ***Acknowledgment Form*** are now available to view online and effective June 1.

The major changes to the guidance are:

- Removing testing and training as health and safety requirements for a visitor.
- You must now notify the COVID-19 Recovery Task Force at ***COVID-RECOVERY@umaryland.edu.recovery*** when 25 visitors or more will attend an event at one time; previously, the number had been 10 or more.

The form requires visitors to acknowledge UMB's COVID-19 policies such as its face covering policy. However, UMB will soon ***begin implementing a visitor management system (VMS)*** in UMB-occupied buildings that is intended to replace the Acknowledgment Form. Because the VMS is being piloted at only certain buildings this summer, some buildings will still require the use of the form until the VMS is completely integrated.



### URecFit and Wellness Reopening June 1

URecFit and Wellness will reopen June 1 to current UMB students and UMB graduates of December 2019, May 2020, December 2020, and May 2021.

**Reservations are required to use URecFit**, and will be done 90-minute blocks. URecFit also has modified hours, from 9:30 a.m to 5 p.m. Reservations can be made via the ***URecFit***

***Live Portal*** or the ***URecFit mobile app***.

Watch [this video](#) about the reopening guidelines.

A complete list of URecFit reopening guidelines is on [URecFit's website](#). Once on the page, click on the left navigation for each guidance.

Graduates must [submit a form](#) if they wish to activate their free alumni membership.

If COVID-19 metrics continue to improve and capacity allows, URecFit anticipates reopening to all other eligible members July 1.



## Vaccine Hunt and Our Regional Economy

President Jarrell appeared this week on [WYPR's The Chesapeake Connect Podcast](#) to talk about UMB's COVID-19 vaccine research and its impact to the regional economy.

He was joined by Tom Sadowski, vice chancellor for economic development for USM.

“One of the things that we’ve learned is that having a powerful research university allows you to pivot the research parts of the university to begin to address things of immediate public need,” Jarrell said on the program. “And, in fact, we have done that on several occasions during COVID of taking up a basic science program and putting it in the position of serving the public.”



## Travel Policy Updates

On June 1, UMB will permit the resumption of domestic business travel. UMB travelers must be fully vaccinated for COVID-19 in accordance with USM's vaccination policy and follow current Centers for Disease Control and Prevention (CDC) domestic travel guidance. Currently this requires domestic travelers who are fully vaccinated against COVID-19 to self-monitor for symptoms, wear a mask, and take other

COVID-19 safety precautions.

If a UMB traveler has an approved medical or religious vaccination exemption, they must follow CDC guidance for nonvaccinated travelers. For more information, read the [updated policy](#).

International business and research travel guidelines will be updated soon. Please review the [Essential International Travel Request Process](#) for current standards.



## International Vaccines and Inbound Travel FAQs

UMB has issued additional clarifications and guidance for international students, faculty, and staff who have received a vaccine approved by the World Health Organization and those who have received unapproved vaccines.

Travel-related information for international students and scholars is now available, too.

For a list of frequently asked questions, visit [this page](#).



### Get the Vaccine to Get Back to Normal

**Rebecca Ceraul**, assistant dean of communications and marketing at the University of Maryland School of Pharmacy, recently received the COVID-19 vaccine to get back to some type of norm.

"I got vaccinated because I don't want to live in fear anymore," she said. "The last year has been traumatic and full of anxiety. Every decision seemed to carry such weight. Should I risk going to the grocery store? Can my kids participate in normal childhood activities like sports? Should we send them back to school when it reopens? Can I go for a walk with a friend? Is it too risky to see our extended family who all live out of state?"

To Ceraul, a safe return to normalcy was critical. "I crave a return to normal activities without the stress of all the decision-making involved and know that getting vaccinated is one step in the right direction. It was also exciting to be vaccinated by a Class of 2020 PharmD alumna who clearly is putting her education to immediate use!" she said.

Share your experience getting vaccinated by tagging us [@umbaltimore](#) and using [#UMBVaccinesWork](#) on Twitter or Instagram. Include a sentence or two about why you got the vaccine. You also can submit photos and comments about your vaccine experience by clicking [here](#).



### Eating at Work and Events

For summer 2021, [food at events](#) is allowed as long as it is prepackaged for individual consumption. Buffets or shared food are not allowed. People must be at least 6 feet apart while eating.

Whether eating indoors or outdoors during a meal break at UMB, please continue to distance yourself 6 feet from others.

If your break room is at capacity, find another interior room like a conference room to eat in as long as physical distancing can be maintained.

In areas where break rooms are not available, employees will be encouraged to eat at their assigned desk or cubicle. It also is encouraged that lunch and break times be staggered to avoid the overcrowding of common lunch rooms or break rooms.



### **On-Campus COVID-19 Testing at UM Immediate Care**

COVID-19 tests are being offered at **UMaryland Immediate Care**, 408 W. Lombard St. The first-floor SMC Campus Center testing location is closed.

Appointments can be made through this [scheduling application](#).

However, the best option for faculty, staff, and students wanting to schedule an appointment for an on-campus COVID-19 diagnostic test or a flu shot is to call **UMaryland Immediate Care** directly at 667-214-1899.

Additionally, the Baltimore Convention Center has a wider availability of appointments for testing and is a short walk from campus. Appointments at the Convention Center can be made online using [this link](#).

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Please visit [umaryland.edu/coronavirus](https://umaryland.edu/coronavirus) for more information about UMB's COVID-19 policies and recovery.

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