



UMB COVID-19 TASK FORCE

March 18, 2022

While COVID-19 levels continue to drop across the state, we can expect intermittent increases in cases as we relax restrictions. As long as COVID-19 and its variants circulate, there will continue to be cases among us. Based on criteria from the Centers for Disease Control and Prevention (CDC), we are currently at **low levels of COVID-19**, and the recommendations are to:

- **Stay up to date with COVID-19 vaccines.** This means get a booster if it has been at least six months since you finished your primary vaccine series. At this point, there is no recommendation for everyone to get additional boosters, but this is something to discuss with your physician.
- **Get tested if you have symptoms.** Options include home testing, Student Health, and Nomi Health on Baltimore Street.
- **Use the [COVID-19 Report Form](#) or [COVID-19 Hotline Exposure Guide](#)** for specific recommendations if you have symptoms that may be COVID-19, have had an exposure, or have had a positive COVID-19 test.
- **Please stay home** if you have symptoms of COVID-19 until your recommended testing comes back negative, or you complete the recommended isolation if your test comes back positive.
- **Who should wear a mask?**
 - If you have had a negative COVID-19 test but still have symptoms, please wear a mask until your symptoms have improved.
 - If you were exposed to someone with COVID-19, please wear a mask when around other people until you have completed recommended testing.
 - While you are isolating with COVID-19, you should wear a mask around others at home to prevent transmission to them.
 - Those with compromised immunity should discuss mask recommendations with their doctor.
 - UMB also strongly recommends mask wearing for those not protected by vaccination.
- **Read the CDC recommendations for those with compromised immune systems [here](#).**

Wearing a mask is always an option if you want to increase your protection against infection. The best masks are tight-fitting N-95 respirators or KN95 masks, but well-fitting surgical masks also are effective.

Here is another good tool to help you understand the level of risk of being near someone with COVID-19, based on current levels in your community and the number of people who will be there. This [online risk calculator from Georgia Tech](#) lets you set the number of people expected at an event or in a place, and then zoom in on the geographic area. Hover over the map to see the estimated chance (0-100 percent) that at least one COVID-19-positive individual will be present at an event in a county, given the size of the event. This tool is one more way to empower yourself with information, so you can decide whether to attend a social event or whether you should wear a mask to protect yourself, based on your feelings about acceptable risk.

This week's highlights detailed below:

- Revised Mask Policy Reminder
- COVID-19 Testing Sites
- Share Your Booster Status
- UMB Vaccination Protocols Update
- President's Q&A
- Mental Health Resource of the Week
- Food and Event Restrictions Lifted
- Student Quarantine Guidance
- When Should I Use a Rapid Test and PCR Test?
- COVID-19 Report Form
- Maryland Positive At-Home Test Report Portal



Revised Mask Policy Reminder

On March 2, UMB President **Bruce E. Jarrell, MD, FACS**, announced changes to the University's mask policy. The updated policy can be accessed at [this link](#). We have developed the following answers to questions you might have regarding how



COVID-19 Testing Sites

The COVID-19 testing center at the University of Maryland Medical Center Modular Care Unit has closed.

the policy impacts you. We also encourage you to read the full policy.

Where are masks required on the UMB campus?

- Patient care and clinical areas including patient waiting areas and lobbies
- In-person health care simulation labs (though face shield/eye protection is no longer required in health care simulation labs)
- UMB public transportation (UMB *shuttle* or Safe Ride)

Who is required to wear a mask in these locations?

Everyone over the age of 2, regardless of vaccination status

For more FAQs, please visit this [spring 2022 update](#).

Please visit covidtest.maryland.gov for a full listing of remaining sites under the Testing Announcements page.

COVID-19 tests, vaccinations, and boosters are still offered at State Center, 300 N. Preston St., in Baltimore. For testing hours and appointments, [click here](#).

Nomi Health offers rapid antigen, nasal PCR, and rapid PCR testing at 419 W. Baltimore St., next to Panera Bread. It will bill an individual's insurance but also serve those without insurance at no cost. Same-day testing is available and walk-ins usually can be seen, but scheduling a test is preferred, using [this link](#).

The Baltimore City Health Department also lists a weekly schedule of vaccination and testing sites [here](#).



Share Your Booster Status

If you have received your COVID-19 vaccine booster, please make sure your record has been updated with UMB.

If you signed the Chesapeake Regional Information System for Our Patients (CRISP) authorization to share your vaccination data, UMB may already know your booster status. Please help UMB by confirming that we have your booster data in the [COVID-19 Management Portal](#).

If we do not have your booster data, the easiest way to report it is by authorizing your vaccination to be shared with UMB via CRISP. This can be completed in the portal.

If you have not used the CRISP authorization or were vaccinated at a health care facility that does not use CRISP, please upload your booster information in the portal, at the bottom of the page.

While there is no requirement from UMB to receive a booster at this time, emerging variants can cause the University's situation to change quickly due to their sudden impact. UMB leadership will be in touch if policies regarding booster shots change. However, please note that some medical systems are requiring boosters for clinical students, and UMB can't guarantee clinical placements for students who aren't boosted.



UMB Vaccination Protocols Update

Technical updates have been made to the [Faculty/Staff UMB Vaccination Protocol](#).

The update reflects UMB's current operating status, and outlines requirements for employees hired before and after Aug. 16, 2021, when the protocol became effective.

PRESIDENT'S Q&A

with President Jarrell



President's Q&A

[Register now](#) for a question-and-answer session at noon Tuesday, March 22, with UMB President Bruce E. Jarrell, MD, FACS.

This event is being held virtually and in person at the Health Sciences Research Facility III Atrium. The Q&A will be followed by an ice cream social.



Mental Health Resource of the Week

Don't miss out on upcoming Launch Your Life events!

upcoming events. Events this week include meditation, Zumba, and financial workshops such as demystifying your credit score.

[Sign up to receive an email each week](#) with information on how to improve and maintain your health and wellness, as well as a list of our

Food and Event Restrictions Lifted

On March 2, President Jarrell also announced in his [letter to the UMB community](#) that he has lifted restrictions about providing food at events and meetings and removed the need to have dean or vice president approval to host an event.

Please follow your school's or unit's procedures for hosting events.



Student Quarantine Guidance

As a reminder, revised quarantine guidance is in effect for students who have had a close contact exposure to someone with COVID-19.

You can read the details of each scenario in the [COVID-19 Hotline Exposure Guide](#), but the bottom line is this: Getting your booster shot has tremendous benefits for protection.

If you are boosted, you won't have to quarantine even if you have had a close contact exposure, as long as you remain without symptoms and continue to test negative using the recommended schedule of tests for your situation.



If you are vaccinated but do not have a booster, there is still a quarantine requirement, but not for as long as it would be if you were not vaccinated.

Getting your booster can help prevent you from missing classes and being away from campus during this critical time.



When Should I Use a Rapid Test and PCR Test?

Rapid and PCR tests have different guidelines for use depending on testing for symptoms, after an exposure, or after a positive COVID-19 test.

[Visit this FAQ](#) for guidance on using a rapid test and PCR test for the scenarios outlined above.



COVID-19 Report Form

Please take advantage of the [UMB COVID-19 Report Form](#), where you can self-submit a positive test and receive an email response with guidance for your situation.

The form is a great tool for any UMB student, faculty, or staff member or Faculty Physicians, Inc. (FPI) employee to receive immediate guidance in lieu of calling the hotline.

In some cases, the guidance will include a recommendation to call the hotline for expert advice on situations needing a clinical perspective. If the guidance in the email does not answer all your questions, please do contact the hotline at 1-800-701-9863, or contact your health unit:

- UMB faculty and staff: UMBOccupationalHealth@som.umaryland.edu
- UMB students: SHealth@som.umaryland.edu
- FPI employees: FPIEmployeeHealth@som.umaryland.edu

Maryland Positive At-Home Test Report Portal



A [COVID Positive At-Home Test Report Portal](#) is available for Maryland residents to alert the Maryland Department of Health (MDH) of a positive result from a COVID-19 at-home test.

The portal makes it easier for people to report positive at-home test results and gain access to state resources such as guidance, MD COVID Alert, and contact tracing.

There are two ways to report an at-home positive COVID test:

- Patients can use the instructions provided with each test kit to report their results directly to the test manufacturer through its website or app.
- Patients can visit covidlink.maryland.gov/selfreport to report positive results directly to MDH.

Tips for submitting:

- You will need to log in or register on OneStop via the portal to proceed.
- You need a cellphone to register.
- The system will only accept test results completed within the last 10 days.

- When completed, you will receive a confirmation email with isolation guidelines.

Please visit umaryland.edu/coronavirus for more information about UMB's COVID-19 policies and recovery.

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