



UMB COVID-19 TASK FORCE

March 25, 2022

As the beginning of spring signals renewal, it also marks a new phase for the UMB COVID-19 Recap.

The newsletter will no longer be a regular Friday issuance because changes in policy and operations are infrequent for the time being.

Make no mistake: This does not mark an end to anything addressing COVID-19 and how it impacts our lives at UMB. The COVID-19 Task Force will continue to address concerns and developing situations with new variants, subvariants, and the pandemic's impact on health, safety, education, and research at the University.

If you feel comfortable wearing a face covering in areas where it is not mandated, please continue to do so.

Transitioning out of COVID-19 restrictions can induce anxiety and complications in adjusting to our priorities at home and at work, as we saw last summer. With that in mind, please have empathy for everyone and be flexible with the plans and precautions they take.

This could include providing information about mental health resources through UMB, or finding ways to improve employee morale through professional development training or opportunities for upward mobility and retention.

Everyone has a different path and their own needs to feel comfortable and be at their best. We all can help by looking out for one another and being there for someone when needed.

This week's highlights detailed below:

- PPE in Simulations Labs
- COVID-19 Testing Sites
- Free Masks, At-Home COVID-19 Tests for Students
- Share Your Booster Status
- Mental Health Resource of the Week
- Student Quarantine Guidance

- When Should I Use a Rapid Test and PCR Test?
- COVID-19 Report Form
- Maryland Positive At-Home Test Report Portal



PPE in Simulation Labs

Each UMB school can now determine what students must wear (e.g. masks, face shields, and/or eye protection) in simulation labs.

Each school dean or designee will determine what is appropriate for their particular school and programs within that school.

For example, some schools could require face shields and eye protection in simulation labs so that the students can have their simulated experience under the same conditions as they would in a clinic.

The UMB Policy Requiring the Use of Face Coverings can be [found here](#).



COVID-19 Testing Sites

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](#).



Free Masks, At-Home COVID Tests for Students

Free KN95 masks and at-home COVID-19 tests are available for all students in the UMB Student Affairs suite on SMC Campus Center's third floor.

Masks are limited to four per student. Tests are limited to one box (two tests) per student while supplies last. The suite is open Monday to Friday, 9 a.m. to 5 p.m.



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.



Mental Health Resource of the Week

Trying to resume exercise after having COVID-19?

The key is easing back into it, but make sure to find ways to exercise to help improve your mental health.

Read [this Washington Post article](#) with tips and things to consider, including talking to your health care provider, when resuming exercise after recovering from COVID-19.

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.



Follow UMB:

