

# SARS CoV-2 (COVID-19)

## A GUIDE FOR ALPERT MEDICAL STUDENTS



BROWN

If you have been exposed or develop symptoms of SARS CoV-2 (COVID-19), are waiting for COVID-19 test results, or tested positive for COVID-19, the Centers for Disease Control and Prevention (CDC) & Rhode Island Department of Health (RIDOH) guidelines for Healthcare Personnel (HCP) apply to you. Brown University Health Services and Alpert Medical School are here to support you.

**If you develop any [symptoms of COVID-19](#) call Brown Health Services at 401-863-1330 24/7 to discuss symptoms, arrange testing, and determine a plan of care including isolation and return to work/school guidance.**

- **SARS-CoV-2 testing** is ordered during weekday hours (M-F 9-4) by Health Services providers. Telehealth visits are available. Walk in care is not offered.
- **After-hours** – The nurse advice line will connect you with the on call physician when clinically urgent needs arise. Health Service nursing staff follow up on all after hours calls during regular business hours.

**If you are exposed to COVID-19 but have no symptoms**, Health Services providers can help you determine the level of exposure and monitoring that applies based on:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html> - and - <https://www.cdc.gov/coronavirus/2019-ncov/downloads/hcp/flowchart-risk-assessment.pdf>

**Clearance from COVID Precautions-** Symptom and Test based criteria if symptomatic; Time and Test based criteria if asymptomatic may apply:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>

### ISOLATION ANTICIPATORY GUIDANCE

Because a requirement for isolation may arise unexpectedly, please consider having enough clean clothes and essential items (toiletries, eyewear, prescription and non-prescription medications) on hand.

Be prepared with a self-care kit that contains:

- Digital thermometer (for daily use)
- Hand sanitizer (for times you can't wash)
- Alcohol wipes (for cleaning, as needed)
- Water bottle (stay hydrated!)
- Temperature and symptom log (see nextpage)
- Brown EMS can deliver prescription and over-the-counter medications to local students. Contact Brown Pharmacy for more information

**Students living off campus can arrange to have a friend to pick up a nonperishable food packs with 3 days of nonperishable food (granola bars, cup of soup) from Brown Dining Services by completing the [Flu Web](#)**

- [RI Delivers](#) - links to Rhode Island grocery delivery, food assistance, meal kits and other local resources



### University Resources for AMS Students: Academic and Clinical Support

AMS Associate Dean for  
Student Affairs  
Roxanne Vrees, MD  
of a COVID-19 related issue

Roxanne\_Vrees@brown.edu

**HEALTH SERVICES** 401-863-1330

**Summer 2020 COVID-19 Health  
Services Information**

**BROWN PHARMACY** 401-863-7882  
Mail and local delivery available

**CAPS** 401-863-3476  
CAPS@health.brown.edu

### STUDENT ACCESSIBILITY SERVICES

**(SAS)** 401-863-9588  
[SEAS@Brown.edu](mailto:SEAS@Brown.edu)

**If you feel you need immediate treatment of very serious or critical conditions, call Brown EMS 401-863-4111 for immediate assessment and hospital transport.**

**Especially for:**

- Worsening of current symptoms
- Difficulty breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

## PUBLIC HEALTH TERMINOLOGY

**Close Contact** being within approximately 6 feet (2 meters) of a COVID-19 case  
 – or –  
 having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)

**Prolonged Exposure** 15 minutes or longer

**COVID-19 Infectious Period** beginning two days prior to onset of symptoms

**Isolation** prevents the spread of an infectious disease by separating people who are already sick from those who are not. It lasts as long as the disease is contagious. While in isolation, remain home until you have been cleared. Avoid crowds, public activities, and public transportation. If you must leave your home, do so during off hours, wear a cloth face covering, and maintain social distancing from others. Wash your hands frequently.

**Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

**Social distancing/ physical distancing** means avoiding crowds and public transportation (e.g., bus, subway, taxi, ride share), and maintaining distance (approximately 6 feet or 2 meters) from others.

## LEARN MORE ABOUT BROWN'S COVID-19 RESPONSE

<https://covid.brown.edu/>

RIDOH COVID-19 Information for Providers  
<https://health.ri.gov/diseases/ncov2019/for/p>

## COMMON EMOTIONS AND SUPPORT

Everyone reacts differently to stressful situations that require changes in location or behavior. When you're out of circulation or facing a time of uncertainty regarding COVID-19 exposure or infection, you may experience a range of feelings, including:

- Anxiety, worry, or fear related to your health status or that of others
- Anger or resentment at the inconvenience
- Worry about not having your things with you or not doing your usual routine
- Uncertainty or concern about how long you will need to remain in this situation
- Excitement to have some alone time to rest and catch up on reading
- Loneliness or feeling cut off
- Boredom and frustration
- Sadness or depression
- Symptoms of post-traumatic stress disorder (PTSD)

Please contact the CAPS at 401-863-3476 if you need immediate counseling care. A clinician is available to speak with you over the phone 24/7.

## Active Screening for Fever and Symptoms COVID-19

Record your temperature once or twice daily, and write down any symptoms or concerns.

DAY	DATE	AM TEMP (°F)	PM TEMP (°F)	<u>SYMPTOMS of COVID-19</u> (COUGH, SOB, MUSCLE ACHES, ETC)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

**If your temperature is >100.°F or subjective fever, or if you develop any symptoms of COVID-19 call Brown Health Services at 401-863-1330 to discuss symptoms, arrange testing, and determine a plan of care including isolation and return to work/school guidance.**