

Dear Medical Students,

We hope this finds everyone well as we enter the winter and holiday season. We anticipate that many have seen the guidance that has been given by [UCSF Health](#) regarding travel and return to clinical services.

We wanted to write to help with some of the specifics about how this guidance applies to all of you as you are planning your return from winter break.

If you have not traveled (defined as travel outside the 9 Bay Area counties and the 4 Fresno Area counties) and are asymptomatic (without symptoms) you may access required on-site activities by completing the symptom screening questions using the [Conversa App](#).

If you have traveled (defined as travel outside the 9 Bay Area counties and the 4 Fresno Area Counties), **please follow the instructions below:**

Foundations 1, Year 1 (Class of 2024):

- As per previous communications, you should be back in the 9-County **Bay Area by Sunday, January 10, 2021.**
- You are considered “Remote Workers Who Are Periodically On Site” according to the [UCSF Health Classification](#)
- You will then be able to opt for a 7-day self-quarantine followed by a COVID PCR test; the code to request a test may be obtained at the [COVID Testing Page](#)

Foundations 1, Year 2 (Class of 2023) and Career Launch (Class of 2021):

- Given your level of training and upcoming assignments to daily clinical rotations, you are considered an “On-Site Worker” according to the [UCSF Health Classification](#)
- Upon returning from travel, you should:
 - Come to campus and participate in your scheduled clinical rotations without quarantine by first being cleared after completing the daily screening questions using the [Conversa App](#); AND
 - Schedule and take a COVID PCR test on the day you return and a second test between days 5-7 after your return. To obtain the COVID PCR test, complete the questionnaire on the [COVID Testing Page](#).

Foundations 2 (Class of 2022):

- You will be starting your Step 1 study period and thus will be considered “Remote Workers Who Are Periodically On Site” according to the [UCSF Health Classification](#).
- As both Intro to Career Launch and Designing and Conducting Research will be remote, during that time or after, then for a non-clinical activity you will need to be back in the **Bay Area (or Fresno) approximately 10 days prior to the start of that activity.**
- You will then be able to choose the option of a 7-day self-quarantine followed by a COVID PCR test OR a 14-day self-quarantine period without requiring a test; the code to request a test may be obtained at the [COVID Testing Page](#).
- *For those who have a clerkship scheduled starting January 2021, and for those who*

are returning only for their first Career Launch clinical rotation, please see the instructions for the classes of 2021/2023 above.

As always, we ask that you follow guidance from local, state, and federal agencies on keeping safe at this time. These are summarized below along with some helpful sites.

At any time, if you have had a potential [high-risk exposure](#) or have symptoms, please be in touch with [Student Health and Counseling Services](#) prior to starting clinical rotations or in-person activities on campus.

We thank you all for your continued vigilance in helping to keep ourselves, our patients, and each other as safe as possible.

Guidance for Staying Safe

- Please ensure you have had your flu shot as required by UCSF Student Health
- Strongly consider avoiding travel, if travel for you is optional
- If you must travel, consider obtaining a [COVID test through the San Francisco Department of Public Health](#) prior to traveling. SHCS is not able to support testing prior to travel.
 - *The benefits of getting tested are primarily determined by your current risk and the potential risk to your family and friends. For example, college students are recommended to get tested prior to travel, primarily because of their exposure to high-risk settings (parties, congregate living, etc.)*
- Minimize risks during travel
 - Wear a mask; maintain appropriate distancing (6 feet)
 - Avoid traveling in a vehicle with people outside your “bubble” (e.g., of different households)
- Minimize risks during this time, whether staying in the Bay Area or traveling or traveling.
 - Minimize the number of different people you are interacting with
 - Minimize time spent indoors and/or without a mask with people outside of your “bubble”

References and important links

- [UCSF Travel Policy](#)
 - [Student Health and Counseling COVID Testing](#)
 - [COVID Testing Sites in SF](#)
 - [San Francisco Department of Public Health \(SFDPH\) Guidance on Gatherings in the Bay Area](#)
 - [SFDPH Travel Guidance](#)
 - [California Department of Public Health Travel Guidance](#)
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