

School of Nursing

From: SON Communications <Son.Communications@ucsf.edu>

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Subject: COVID-19: Important Updates and Guidance from SON

Dear School of Nursing Faculty, Students and Staff,

The rapidly evolving outbreak of the novel coronavirus and the disease it causes, COVID-19, is dynamic. We are writing to share additional information and guidance to inform you and raise your awareness during this challenging time.

Our primary focus is the health and safety of the students, faculty and staff in our learning communities. We also want to uphold the quality of education for our students so they can continue to progress toward their academic and professional goals.

You may be aware that Stanford has cancelled all in-person classes, following recommendations from its local board of public health in Santa Clara County. In alignment with other institutions of higher education in California, UCSF is taking guidance from our local department of public health for social distancing and other actions to mitigate the risk of transmission of the coronavirus.

We will continue educational activities and follow the Chancellor's directives on large group gatherings and non-essential travel. However, the situation is rapidly evolving, and it is an appropriate time for all educators to make preparations in case students, faculty and staff become ill or are under quarantine in the coming weeks and months, or if the campus needs to take more proactive measures.

In response, we are providing the guidance below to help you manage the situation in the interim. The following information is based on the [U.S. Centers for Disease Control and Prevention \(CDC\) website](#) and the [UCSF's COVID-19 website](#).

- **Anyone who is sick** with flu-like illnesses — with symptoms including fever, cough and/or shortness of breath — **should stay home** and consult with:
 - All students: Contact [Student Health & Counseling Services \(SHCS\)](#)
 - Faculty and staff: Contact [Occupational Health Services \(OHS\)](#)
 - **Faculty:** Notify your chair and contact [Occupational Health Services](#) for guidance.
 - **Staff:** Notify your supervisor and contact [Occupational Health Services](#) for guidance.
 - **Supervisors:** Send any staff home if they arrive to work showing symptoms (e.g., fever, cough, and/or shortness of breath) or report a possible exposure, and contact Occupational Health Services for guidance.
 - **Students:** To access medical advice, contact [Student Health & Counseling Services](#) and notify the following individuals about your absence:
 - Program director or specialty coordinator
 - Advisor
 - Clinical site
- **Anyone with a possible or known exposure** should stay home and:
 - **Monitor your health:** Check your temperature daily, and monitor for symptoms including a cough and difficulty breathing
 - **Stay home from campus or clinical rotations** and practice social distancing, including avoiding:

- Public places where close contact with others may occur, such as shopping centers, movie theaters and stadiums.
 - Public transportation, including buses, subways, taxis, ride shares, planes or ships.
 - **Contact the appropriate UCSF health service:**
 - **Students** must contact [UCSF Student Health & Counseling Services](#), even if you have insurance other than student health
 - Call SHCS first so they can assess your status over the phone and prepare for an office visit if needed
 - **Faculty and staff** must contact [UCSF Occupational Health Services](#) to register and access advice from knowledgeable experts.
- **Faculty and students employed as professional nurses:**
 - Follow the infectious disease precautions at the institution where you are employed
 - If you take care of or are otherwise exposed to a patient with COVID-19 or patients that are being evaluated for this disease, follow the protocol for evaluation at that institution (e.g., contact the Occupational Health Services at the institution) and, if advised to start a self-imposed or medically-required quarantine, **do not come to UCSF campus.**
 - Notify the following persons if you must be quarantined:
 - **Faculty:** Notify your department chair so the chair can plan accordingly
 - **Students:** Notify your program director, specialty coordinator and clinical site (if you are assigned as a student for clinical/fieldwork/residency rotation)
- **Faculty, staff and students** who are returning from personal or academic travel abroad should be aware that the number of countries impacted by the novel coronavirus continues to grow. Currently, we have been advised that travel to CDC Level 2 or 3 Health Watch countries (China, Iran, Japan, Italy, South Korea) should be canceled. **All individuals returning from these countries will need to be cleared by SHCS or OHS before returning to UCSF.**
- In addition, non-essential domestic or international travel (e.g., conferences, meetings, etc.) should be avoided due to the rapidly changing COVID-19 situation. Regularly check the [CDC website for the list of countries](#) currently categorized by the CDC as **Level 2 or higher Travel Health** and also consult the [UCSF COVID-19 website for any updating of travel guidance.](#)

Academic Programs

At this time, courses and clinical/fieldwork/residency rotations are scheduled to continue with the following recommendations:

- **Didactic courses** should not plan to be held in-person but via remote access methods (e.g., Zoom, content capture, etc.) until further notice. A memo about how to obtain assistance with setting up courses to achieve this was sent by Elizabeth Gatewood, Assistant Dean for Educational Technology Innovation.
- **Clinical placements** (e.g., seminars, case conferences):
 - Students **should not be assigned** to care for patients with or suspected of having COVID-19 because students cannot provide independent care and their involvement with patients only serves to increase the number of potentially exposed individuals.

- Several clinical sites have notified the School that placements are suspended for some of our students. The Office of Clinical Placements is working with clinical placement coordinators and on-boarding coordinators to facilitate alternative site placements.
 - Consider maximizing the use of simulation during this time.
 - The Board of Registered Nursing (BRN) is being contacted to determine if simulation hours for our advanced practice nursing students can be increased and included as part of clinical hour requirements for these specialties. Notification about the BRN response will be shared as soon as it is received.

General Precautions to Reduce Exposure

Practice good infections control measures:

- No face-hand contact (e.g., handshakes, hugging, etc.)
- Avoid sharing food and beverages
- Wash your hands often with soap and warm water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60 percent alcohol if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash. Then wash your hands with soap and water.
- Clean and disinfect frequently touched objects and surfaces.
- Minimize participation in large group gatherings such as shopping centers, movie theaters, stadiums, etc.

If you are ill with any respiratory symptoms, regardless of whether they are compatible with COVID-19 OR have a possible exposure, please do not come to campus for any reason.

- **Monitor your health:** Check your temperature daily, and monitor for symptoms including a cough and difficulty breathing
- **Stay home** and practice social distancing, including avoiding:
 - Public transportation, including buses, subways, taxis, ride shares, planes or ships.
 - Avoid places where close contact with others may occur.
 - **Contact the appropriate UCSF health service:**
 - **Students** must contact [UCSF Student Health & Counseling Services](#), even if you have insurance other than student health
 - Call the SHCS first so they can assess your status over the phone and prepare for an office visit if needed
 - **Faculty and staff** must contact [UCSF Occupational Health Services](#) to register and access advice from knowledgeable experts.

Outbreaks cause a lot of fear and anxiety in our community. We want to let our community of learners, faculty and staff know that we are here to support all during these challenging times and will do our best to update you as new information becomes available. If you are in a unique situation and have more specific questions, please do not hesitate to reach out to the Dean's Office, specifically Associate Dean [Maureen Shannon](#) and Associate Dean [David Rein](#).

Important numbers:

- UCSF Student Health & Counseling Services: 415-476-1281
- Occupational Health Services: 415-885-7580

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