

COVID-19 INFORMATION

UW Medicine Town Hall Meeting

View [this website](#) for upcoming UW Medicine Town Hall meeting information and past meeting recordings and transcripts. Submit your questions in advance, [here](#).

Information about the [SARS-CoV-2 Variants](#)

Originating in the United Kingdom, the **B.1.1.7 variant** is 50% more contagious than the coronavirus variant most prevalent in our region. This means it takes less exposure to the virus to infect you. The B.1.1.7 has been detected in all WWAMI states. Tests conducted so far are reassuring that the current vaccines protect against this variant.

Originally detected in South Africa, the **B.1.351 variant** has, to date, been detected in Washington, Wyoming, and Idaho. Although the transmissibility rate of this variant hasn't been determined, according to the Washington State Dept. of Health there is evidence that vaccines are not as effective in protecting against the B.1.351 variant but vaccines do appear to reduce the severity of infections and the risk of hospitalization.

The **P.1 variant** emerged from Brazil into Japan and was first detected in the U.S. in January and to date one case has been found in Alaska. The transmissibility rate of P.1 has not yet been determined however one specific mutation, called D614G, is shared by B.1.1.7, B.1.351 and P.1, and there is epidemiological evidence that variants with this specific mutation spread more quickly than viruses without the mutation.

It is a reminder of the importance of each of us stepping up our own COVID prevention efforts.

New CDC Guidelines for the Fully Vaccinated

The CDC has issued its first set of guidelines on how fully vaccinated people can visit safely with others. This guidance will be updated and expanded based on the level of community spread of SARS-CoV-2, the proportion of the population that is fully vaccinated, and the rapidly evolving science on COVID-19 vaccines.

For the purposes of this guidance, people are considered fully vaccinated for COVID-19 ≥ 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or ≥ 2 weeks after they have received a single-dose vaccine (Johnson and Johnson (J&J)/Janssen).

The following recommendations apply to **non-healthcare settings**. For related information for healthcare settings, visit [Updated Healthcare Infection Prevention and Control Recommendations in Response to COVID-19 Vaccination](#).

Fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing
- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing
- Refrain from quarantine and testing following a known exposure if asymptomatic

For now, fully vaccinated people should continue to:

- Take precautions in public like wearing a well-fitted mask and physical distancing
- Wear masks, practice physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at [increased risk for severe COVID-19](#) disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease
- Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households
- Avoid medium- and large-sized in-person gatherings
- Get tested if experiencing [COVID-19 symptoms](#)
- Follow guidance issued by individual employers
- Follow CDC and health department travel requirements and recommendations

The CDC recommendations apply in non-healthcare, non-school settings. Students should continue to follow the State Department of Health recommendations in the state where you are currently.

The coronavirus spreads when we let our guard down, and the new variants are even better at taking advantage of our lapses. We're all fatigued, but we can control the virus and get back to a more normal way of living and learning if we stay on our guard and each continue to do our part.

N95 Recall: Update on N95 Respirators

Please note that all students who received bad masks have been contacted and their masks are being replaced. If you weren't contacted, your mask is fine.

Do I need to mask and distance if I have received the COVID-19 vaccine?

Yes. The CDC recommends people not assume they are completely immune to infection after having been vaccinated. Overall, both vaccines (Pfizer and Moderna) provide about 95% protection in clinical trials—which means 5% of people might still catch the virus even after two injections. And it is unknown if someone can transmit the virus if they have been vaccinated. If you have received the Sars-CoV-2 vaccine continue to practice physical distancing, masking/PPE and frequent hand washing.

Need a vaccine?

Follow [this link](#) to a pdf containing information about who to contact if you have not yet been vaccinated and would like to receive a vaccine. Please note that you are **NOT** required to be vaccinated.

- **MS1 and MS2 students in the Seattle area:**
If you are in or will be in the Seattle area in the next several months and need to schedule a vaccine appointment, please contact [Dr. Tolbert](#).
- **Students in Spokane:**
You should have received information regarding vaccinations based on your location (Kaiser, MultiCare, or Providence in Spokane, and UWSOM if on the west side). If you haven't been vaccinated and would like to be, please contact Carol Weigand (carolw7@uw.edu).
- **Students in Wyoming:**
All students who requested the COVID-19 vaccine have received their first dose. Students received their vaccination through the local hospital or via public health. An email will be sent by the organization where the student received their first dose (~3 weeks after vaccination) to set up an appointment for the second dose. If you have questions, please contact [Marivern Easton](#).
- **Students in Alaska:**
MS1 and MS2 students in Anchorage were sent information on how to receive vaccinations by individual email invitations. Individual arrangements have been made for those students who are in Alaska, but not in Anchorage. If you are out-of-state and not in Seattle, or if you have questions, please contact Dr. Young, at kecase2@alaska.edu.

Alaska students can also sign up to receive the vaccine through the state sign up process. [The Alaska Department of Health and Social Services](#) has more information.
- **Students in Montana:**
MS1 and MS2 students should have received an email from Dr. Teintze regarding how to get vaccinated through MSU. If you have not received it, or if you have questions, please contact [Dr. Teintze](#).

If you received your first dose through MSU UHP, the appointment for your second dose will be scheduled directly with UHP. Students who received their first dose through other MSU institutions or through other avenues should follow the scheduling instructions provided by those entities.

Please reach out to [Kayla Ouert](#) or [Dr. Teintze](#) with questions.

- **Students in Idaho:**

MS1 and MS2 students who received their first dose at one of three locations in the Moscow area will receive their second dose at the same location as their first. You should have already received information on setting up the second appointment. If not, or if you need more information, please contact [Dr. Geidl](#).

Vaccine Symptoms

If you have received the vaccine and are experiencing symptoms, [this link](#) will take you to a helpful document for determining next steps. If you have questions not addressed in the procedures outlined through this link, please contact [Dr. Raye Maestas](#). If you are in need of N-95 masks and they are not available locally, please [contact Laura Ellis](#) in Student Affairs.

*Receiving the vaccine does not change the need to wear a procedure mask and eye protection when in a clinical setting, to maintain distancing whenever possible and to wash your hands frequently.

[The COVID Tracking Project](#) from *The Atlantic* has come to an end. Their final data collection took place on March 7. We will continue to publish updated stats on the WWAMI region periodically, using information from a variety of sources.

Exposed to COVID? Follow These Steps!

- [Foundations Student Information](#)
- [Clerkship Student Information](#)

New 3M N95 Models Available

The SOM now has a limited supply of the following N95 models in addition to the Halyard, BYD and 3M 8200 models:

3M 1860
3M 1860S
3M 9205+

1. [Halyard N95 Request](#) – for those who have been fitted on the Halyard models - we will send you 5 N95s per each 4-week clerkship
2. [Halyard N95 Fit Testing Request](#) – for those who have not yet been fitted on the Halyards - we will send you 2 sizes for fit testing
3. [3M and other Non-Halyard N95 Request](#) – for those who were fitted on 3M models - we will send you 5 N95s per each 4-week clerkship

4. [3M and other Non-Halyard Fit Test Request](#) – for those who failed on the Halyards - we will send you a variety of 3M models for fit testing

For those of you who will be needing N95 fit testing, please see [this PDF](#) for resources and instructions. Also, please see this [N95 FAQ](#).

Are you being asked to get a COVID test?

Please see [Testing Options for Students on Clinical Rotations](#) on the UWSOM Student Intranet.