



University of
Pittsburgh
School of Medicine

Student Healthcare &
Wellness Guide
2023-2024 Academic Year

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We Are Here For You

Hello Pitt Med students,

As you progress through medical school, health and wellness are more important than ever. It can be difficult to navigate a complex medical network when you need it the most, so we hope this Student Healthcare and Wellness Guide will make accessing resources for your mental and physical well-being easier. You'll find information on purchasing health insurance, mental health resources, athletics, finding a primary care physician, sexual health information, and more. Please keep in mind that this guide was updated in November 2023. As circumstances are always quickly changing, some information may become invalid or out-of-date. However, feel free to contact us to help you find the provider, center, or resource you need!

Many thanks to Chinweoke Osigwe, Martine Madill, and Jill McDonnell, the original students who first created this valuable document. Thanks also to Renusha Indralingam and Matt Driban who updated it amidst the pandemic in 2022. Contributions were additionally made by SHARP representatives, OMED and Student Health Services. Finally, many members of the Class of 2022 submitted physician recommendations and other health and wellness resources for this guide.

If you have any questions about accessing healthcare, don't hesitate to email us! Sincerely,

Nav Warraich (warraich.nav@medstudent.pitt.edu)

Rachel Hyzny (hyzny.rachel@medstudent.pitt.edu)

INSURANCE

** **note:** insurance rates are subject to change, please refer to the pitt insurance website (linked in footnotes) for the most recent information. The following information includes a summary and recommendations from a peer to help you understand insurance, it is NOT a professional recommendation!*

Health insurance is complicated, even for future healthcare providers. For many graduate students, this can be their first time purchasing health insurance. With a few exceptions (i.e. Veteran's benefits) there are three general options for obtaining health insurance coverage:

- University of Pittsburgh Graduate Student Health Plan
- Enroll in a plan on the Marketplace (Medicaid or private insurance)
- Remain covered under your parents' insurance (generally an option if you're less than 26 years old. Laws may vary depending on state and plan. You **may** be able to remain on your parent's insurance until the age of 29 if your parent receives coverage through an employer in Pennsylvania.) **Always double check your eligibility if you plan on staying on your parents' plan.**

Each of these options has its pros and cons, and optimal plans will differ based on individual healthcare needs and utilization rates. If you have questions about your situation and which plan might be best for you, the folks at Student Affairs are very helpful or you can reach out to your student health representatives.

All students must have approved health insurance prior to starting medical school. If you are planning on obtaining coverage outside of the University of Pittsburgh Graduate Student Health Plan, make sure that you have adequate coverage. Unexpected healthcare costs can drastically impact your finances and, in severe cases, your medical training!

Glossary of important terms:

- Co-insurance: Your share of the costs of a covered health care service, calculated as a percent (for example, 20%) of the allowed amount for the service. You pay co-insurance plus any deductibles you owe.
- Co-pay: A fixed amount (for example, \$15) you pay for a covered health care service, usually when you receive the service, which can vary based on the type of service.
- Deductible: The initial amount you owe for health care services before your health insurance or plan begins to pay. For example, if your deductible is \$1000, your plan won't pay anything until you've met your \$1000 deductible for covered health care services subject to the deductible.
- HMO: Health Maintenance Organization. A type of health insurance plan that usually limits coverage to care from doctors who work for or contract with the HMO. It generally won't cover out-of-network care except in an emergency.
- In-Network Services: Services performed by participating providers who have a contract or agreement with your insurance plan to provide specific services for a specific cost.
- Lifetime Maximum Benefit: The maximum dollar amount a health plan will pay in benefits to an

insured individual during that individual's lifetime.

- **Out-of-Network Services:** Health care services received outside of the designated PPO network by non-participating providers. Members may have to pay the difference between the provider's charge and the insurance payment.
- **Out-of-Pocket Maximum:** This is the most you will have to pay each plan year before the plan begins to pay 100 percent of reasonable and customary covered expenses. Out-of-pocket maximums exclude deductibles, co-payments, prescription drug expenses, pre-certification penalties and amounts over reasonable and customary charges.
- **Premium:** The amount that must be paid for your health insurance or plan, usually paid monthly, quarterly, or yearly.
- **PPO:** Preferred Provider Organization. A type of managed care health insurance plan that provides maximum benefits if you visit an in-network physician or provider, but still provides some coverage for out-of-network providers. Additionally, you can usually visit any provider without a referral from your primary physician.

Insurance Options:

Option 1: University of Pittsburgh Graduate Student Health Plan

The UPMC Health Plan is offered to all graduate students. Students have the option of purchasing medical coverage for family members as well (see link below).

Highlights:

- Monthly premium: \$244.23 (Student only, 2023-24 academic year)
- No pre-existing condition limitations
- No annual benefit maximum
- Plan pays 100% of covered services after applicable copayment
- Primary care physician: \$30 copayment per visit for illness/ injury
- Specialist: \$40 copayment per visit
- Urgent care: \$40 copayment per visit
- Emergency room: \$75 copayment per visit
- Inpatient hospital stay: 90% after \$250 copayment
- Pharmacy: copayment is \$15 generic/\$35 preferred brand/\$70 non-preferred brand
- Out of network coverage is provided at a lower benefit level
- \$250 individual deductible / \$500 family deductible

Option 2: Enroll in a plan on the Marketplace (Medicaid or private insurance)

The Health Insurance Marketplace was set up to help people find and enroll in affordable health insurance. In Pennsylvania, the Marketplace is called [COMPASS](#). Generally speaking, private insurance is available to everyone at different rates based on income. **For this guide, we'll focus on Medicaid, the government health program for low-income individuals, children, pregnant women, parents, seniors and individuals with disabilities.** Due to our (woeful) lack of income during medical school, some Pitt Med students choose to enroll in Medicaid as an affordable health insurance option.

If your parents don't claim you as a dependent on their tax return and your own income is below \$16,971/year (for a one-person household) you are likely eligible for Medicaid. Typically, you must apply for public insurance during Open Enrollment (usually November). However, certain life events qualify you to apply throughout the year, and moving states/losing health insurance coverage/changing income status allows you to sign up for Medicaid when you begin medical school. Tips on enrolling from a medical student on Medicaid:

- “To enroll, you must fill out an [online form](#), which can take about a month to go through (though some students had theirs get processed faster). I don't recall needing to submit any documentation of my lack of income. I might have sat through some long stretches of pseudo-pleasant holding tone music, but I think that was more to check on my application than anything that was strictly necessary.
- When you sign up for a plan, you can choose from various insurance providers, including [UPMC for You](#), which is the plan I have. There are something like three or four different insurance companies you can choose from. You can compare all your options [here](#). I don't pay anything for my primary care visits, and I don't pay for most prescriptions. I think I had to pay \$1 for antibiotics once. Dental is covered to some extent - my plan provides one (or is it two? I can't remember) cleanings per year, and cavities are covered too.
- Because it takes a few weeks for Medicaid to go through - say you're not insured in August, and you apply in August - while you might not get your approval until September, they will theoretically back-cover you for any emergent services you might have needed in August.
- All in all, I'd say do it! Paying for health insurance while you have zero income is almost robbery.”

Option 3: Remain covered on your parents' insurance

If you're under 26 years of age, you're eligible to remain on your parents' health insurance plan. As mentioned above, if your parents are on certain employer-sponsored plans in Pennsylvania, you may be able to stay on their plan until age 29. For some students, this is more convenient than switching to a brand new health plan. Your parents may have great coverage at lower monthly premiums than you would pay through the University. However, keep in mind that the insurance will need to be approved by the University if you're opting out of their coverage. Additionally, if your parents live out of state, it may be harder to find providers in Pittsburgh that accept your parents' insurance. **Make sure you check with your parents' insurance carrier that you're able to see providers in the area.**

Additional Resources:

- "FAQ: A Young Adult's Guide to New Health Insurance Choices"
<https://www.npr.org/2013/10/11/231089839/faq-a-young-adult-s-guide-to-new-health-insurance-choices>
- COMPASS Qualification Survey
<https://www.compass.state.pa.us/Compass.Web/Screening/SystemCompatibility?Origin=DoIQualify>
- "Pittsburgh Guide to Signing Up for Health Insurance"
<https://projects.publicsource.org/healthcare-guide/a-pittsburghers-guide-to-signing-up-for-health-insurance.html>

MENTAL HEALTH AND COUNSELING

There is a vast network of resources in place to provide focused and compassionate help. If you would like any help sorting through this list and figuring out what resource is best for you, a SHARP student representative would be happy to work with you.

Medical School Contacts

Psychiatry (Medication Management)

Robin Valpey, MD

Psychiatrist

Director of Student Mental Health

Services, UPSOM

Email: valpeyre@upmc.edu

Charles Hall, MD

Psychiatrist

Email: CHH229@pitt.edu

Julia (Jamie) Farquhar, MD

Psychiatrist

Email: farquharjm@upmc.edu

Therapy (Individual Talk Therapy)

Veronica Jones, Ed.D., LPC, BC-TMH

Phone: 412.383.4640

Email: vij24@pitt.edu

Linda Ewing, Ph.D.

Psychologist

Phone: 412.600.9259

Pitt Email: ewing.linda@medstudent.pitt.edu

UPMC Email: ewinglj@upmc.edu

Darrell Phillips, LCSW, MBA

Licensed Clinical Social Worker

Phone: 412.327.2189

Email: phillipscounseling@gmail.com

To schedule with a provider, please reach out to the provider directly via Email.

You can say something like: “Hello! I am a medical student at Pitt and would like to schedule an appointment for (therapy/medication management). I have been struggling with XYZ and would like some help.”

A student using the program can be assured that **no information shared in treatment is ever available** to others without expressed permission from the student. No insurance is billed for services. Students can see providers for individual psychotherapy, medication management, or both. Please note: you do not need to see a therapy provider prior to seeing a psychiatrist or starting medications in this program.

All of our providers have the ability to meet virtually; most also have offices close to the school if a student prefers in-person appointments. Meetings are by appointment only.

Reach out to current SHARP reps. Contact SHARP Faculty Members below for their information

- 1) Dr. Jody Glance (glancej@upmc.edu)
- 2) Dr. Morgan Faeder (smf107@pitt.edu)
- 3) Dr. Joshua Shulman (shulmanja@upmc.edu)

University of Pittsburgh Counseling Center (free to Pitt students) 412-648-7930
<https://www.studentaffairs.pitt.edu/cc/>

Mental Health Centers

Each center has many locations, see websites. Psychiatrists, therapists, and other resources available.

UPMC Western Psychiatric (412) 624-1000 3811 O'Hara Street Pittsburgh, PA 15213 Official Site	Mercy Behavioral Health (412) 323-8026 1200 Reedsdale Street Pittsburgh, PA 15212 http://www.mercybehavioral.org/	Milestone Center (Allegheny East) (412) 243-3400 600 Ross Ave Wilkinsburg, PA 15221 http://milestonecentersinc.org/
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*Additional therapists can be found in the Highmark Provider Directory
at: <https://www.highmarkbcbs.com/find-a-doctor/#/home>*

Private Therapists

Sandy Miller, PhD Squirrel Hill (412) 521-5419 6301 Forbes Ave Suite 210 Pittsburgh, PA 15217	Carl Bonner, PhD Squirrel Hill (412) 422-9160 ext. 2 5869 Forbes Ave. Pittsburgh, PA 15217 http://www.drcharlesbonner.com/	Paul Needle M.Ed. Squirrel Hill (412) 656-7215 1900 Murray Ave Ste 205 Pittsburgh, PA 15217
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Group Practices (therapy)

<p>VISTA (multiple locations)</p> <p>(412) 641-7016 230 North Craig Street Suite B Pittsburgh, PA 15213 http://www.vistabehavioral.com/</p>	<p>Cognitive Dynamic Therapy Associates **</p> <p>(412) 687-8700 155 N. Craig St. Suite 170 Pittsburgh, PA 15213 http://www.cogdyn.com/</p>	<p>Pittsburgh Psychoanalytic Center (multiple locations)</p> <p>(412) 661-4224 401 Shady Ave Suite B101 Pittsburgh, PA 15206 http://www.pghpsa.org/</p>
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<p>Duquesne University Psychology Clinic</p> <p>(412) 396-6562 908 Rockwell Hall 600 Forbes Ave Pittsburgh, PA 15282</p>	<p>Allegheny mental Health Associates</p> <p>(412) 967-5660 Allegheny Bldg, Ste 712 429 Forbes Avenue Pittsburgh, PA 15219 http://amha4u.com/</p>	<p>Pittsburgh Pastoral Institute</p> <p><i>Interfaith counseling and psychotherapy center</i> (412)661-1239 6324 Marchand St Pittsburgh, PA 15206 Official Site</p>
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Private Psychiatrists

<p>Dr. Daniel Shrager (412) 421-5000 6315 Forbes Avenue Pittsburgh, PA 15217</p>	<p>Dr. Ronald Glick (412) 623-3023 Center for Integrative Medicine Suite 310 Shadyside Place 580 S. Aiken Ave</p>
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Emergency/Suicide Prevention

<p>re:solve Crisis Network (UPMC)</p> <p><i>Also offers mobile dispatch</i></p> <p>1-888-7-YOU CAN (1-888-796-8226) 333 North Braddock Ave. Pittsburgh, PA 15208</p>	<p>Pittsburgh Mercy Health System Crisis Center</p> <p><i>walk-in center, phone hotline, inpatient unit, and partial program</i></p> <p>1-877-637-2924 264 South 9th Street Pittsburgh, PA 15203 pittsburghmercy.org</p> <p>“We will open our doors to anyone.”</p>	<p>Allegheny County Mental Health</p> <p><i>To file a 302 involuntary commitment to psychiatric unit for another individual</i></p> <p>(412) 350-4457</p> <p>http://www.alleghenycounty.us/dhs/commitment.aspx</p>
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<p>UPMC Western Psychiatric Diagnostic Evaluation Center</p> <p><i>Provides emergency and crisis intervention 24/7</i></p> <p>(412) 624-1000 3811 O'Hara Street Pittsburgh, PA 15213</p>	<p>Suicide Prevention Lifeline</p> <p><i>24-hour national hotline. All calls are routed to local area sites.</i></p> <p>1-800-273-8255 http://www.suicidepreventionlifeline.org</p>	<p>Dialing “911”</p> <p>911 will be happy to help you connect with mental health resources in an emergency situation.</p>
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Drugs and Alcohol

<p>University of Pittsburgh Counseling Center (412) 648-7930</p> <p>Nordenberg Hall 119 University Place Pittsburgh, PA 15260 https://www.studentaffairs.pitt.edu/counseling</p>	<p>Gateway Rehabilitation (multiple locations) (412) 697-0928</p> <p>Squirrel Hill Professional Suites 5818 Forbes Avenue Pittsburgh, PA 15217-1602 https://www.gatewayrehab.org/</p>	<p>Alcoholics Anonymous (AA)</p> <p><i>Also a good resource for people being affected by someone else's alcohol abuse</i></p> <p>(412) 471-7472</p> <p>900 Fifth Ave. 5th Floor Pittsburgh PA 15219 http://www.pghaa.org</p>	<p>Narcotics Anonymous (NA)</p> <p>For Meeting Times & Locations: https://www.na.org/meetingsearch/</p> <p>Main Website: http://www.na.org/</p>
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Healthy Relationships and Intimate Partner Violence

<p>National Domestic Violence Hotline</p> <p>http://www.thehotline.org/resources/ 1-800-799-SAFE</p>	<p>Women's Center & Shelter of Greater Pittsburgh https://www.wcpittsburgh.org/</p>	<p>Standing Firm Southwest PA</p> <p>http://www.standingfirmswpa.org/resources-victims</p>	<p>FAQ sheet on Intimate Partner Violence</p> <p>https://www.ncdsv.org/fact-sheet.html</p>
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PAIR

Mistreatment/learning environment concerns/sexual harassment can be reported at www.ole.pitt.edu/PAIR

- Direct contact:
 - Dr. Evelyn Reis, evelyn.reis@chp.edu
 - Dr. Wendy Mars, wmars@pitt.edu

Other Issues

Most mental health practitioners can help with these issues, but these are some focused resources:

<p>Pittsburgh Action Against Rape (PAAR) 24 hour hotline:</p> <p>1-866-END-RAPE (1-866-363-7273)</p> <p>81 South 19th Street Pittsburgh, PA 15203 http://paar.net</p>	<p>Gamblers Anonymous (GA) Pittsburgh Hotline:</p> <p>(412) 281-7484</p> <p>https://www.gamblersanonymous.org</p>	<p>Center for Victims Support (for anyone who has been a victim of a violent crime)</p> <p>(866) 644-2882 (24 hour hotline)</p> <p>5916 Penn Ave Pittsburgh, PA 15206 http://www.centerforvictims.org</p>
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<p>Center for Overcoming Problem Eating (COPE) Eating Disorders Clinic at WPIC</p> <p>(412) 647-9329</p> <p>3811 O'Hara St. Eighth floor Pittsburgh, PA 15213</p>	<p>Persad Center LGBT Mental Health Issues</p> <p>(412) 441-9786</p> <p>5301 Butler Street Suite 100 Pittsburgh, PA 15201 https://persadcenter.org/</p>	<p>The Emily Program National Eating Disorders Treatment Agency</p> <p>1-888-364-5977</p> <p>2009 MacKenzie Way, Suite 100 Cranberry Township, PA 16066 http://emilyprogram.com/</p>	<p>SHARE (Sexual Harassment and Assault Response Education) Support</p> <p>Through Pitt for sexual assault or harassment, relationship violence, and stalking. http://www.share.pitt.edu/</p>
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Additional Resources:

- National Institute for Mental Health <https://www.nimh.nih.gov/>
- National Institute for Drug Abuse <https://www.drugabuse.gov/>
- Ivan Goldberg's Mental Health Central - Eclectic mix of resources on mood disorders, for both professionals and the public <https://www.psycom.net/>
- National Alliance on Mental Illness (NAMI) <https://www.nami.org/>
- Pittsburgh Equality Center <https://pghequalitycenter.org>
- Meetup - An online resource to connect with others in the area over events involving music, art, food, language learning, etc. It's also an app. <http://www.meetup.com/>.
- University of Pittsburgh Health and Wellness Resources <http://www.studentaffairs.pitt.edu/dean/health-and-wellness-resources/>
- Bereavement - Resource for students created by Pitt Med alum www.bereavemed.com

Additional Options:

- Your own Primary Care Physician (PCP) can provide support, basic talk therapy, medications, or referral to other resources. A good PCP can play a key role in your mental health team.
- For non-crisis situations, if you just want to talk to someone, try Peer Support and Advocacy Network “Warmline.” **You can also always contact your SHARP classmate.** 1-866-661-WARM (9276)
 - http://www.peer-support.org/?page_id=22
 - 10:00 am - Midnight daily
- Contact your insurance company (e.g., UPMC-Health Plan, BC/BS) and ask for a referral list based on specific expertise or location.

ATHLETICS

Pitt offers a few on-campus gyms. The most convenient is the Petersen Events Center, which is across the street from Scaife.

Petersen Events Center (412) 648-3054 3719 Terrace Street Pittsburgh, PA 15261 http://www.peterseneventscenter.com/	Trees Hall (412) 648-8320 Allequippa Street Pittsburgh, PA 15261 https://www.tour.pitt.edu/tour/trees-hall-fitness-center	Bellefield Hall IM Office: 412-648-8210 S. Bellefield Ave. Pittsburgh, PA 15213 https://www.tour.pitt.edu/tour/bellefield-hall
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Students can also join [intramural sports](#) and [group fitness classes](#).

Facilities and their hours: <https://www.studentaffairs.pitt.edu/campus-recreation/facilities-hours>

Some students prefer using off-campus gyms or fitness classes. Popular options include:

Showers are available at the campus gyms AND there are **2 showers on the 7th floor of New Scaife** (look for the bathrooms with the shower symbol next to it)

Additional Resources:

- **Active&Fit:** A gym membership to your choice of 12,200+ standard gyms and/or 5,800+ premium exercise studios with 20% - 70% discounts on most. Active&Fit Direct also offers the ability to switch gyms or cancel anytime with no long-term contracts. Once enrolled, you will have access to digital resources and classes on ActiveandFitDirect.com, as well as a variety of workout classes available anytime on YouTube and Facebook.
 - Active&Fit Direct: A flexible, low-cost fitness membership available through your employer, health plan, or other participating organization. Check with your insurance to see if you are eligible!
 - Active&Fit Now is available to the public for 32\$ a month.
- Trail Pittsburgh: List of running/hiking/biking trails in and around Pittsburgh <http://www.trailpittsburgh.org/>
- ClassPass: A subscription app for fitness classes in Pittsburgh. Free trial available. <https://classpass.com/>

PRIMARY CARE PHYSICIANS

Since you're going to be in Pittsburgh for 4+ years, many students find it helpful to establish a relationship early with a PCP. Here are some things to consider when choosing a new PCP:

- Is this physician close to school/home?
- Will they be able to accommodate my busy and unpredictable medical student schedule?
- Do I feel more comfortable with a male or female physician?
- Does this doctor work at a clinic or independently?
- Will my insurance cover this provider?
- Does this doctor offer conveniences such as secure messaging, online appointments, or a nurse help line?
- Do I have any medical conditions that require a PCP with specific expertise?
- Is your physician your advisory dean? Students may not see their advisory dean.

Metro Community Health Center (412) 247-2310 1789 S Braddock Ave #410 Pittsburgh, PA 15218 https://metrocommunityhealthcenter.org	Squirrel Hill Family Health Center (412) 422-7442 4516 Browns Hill Road, Pittsburgh, PA http://squirrelhillhealthcenter.org/	UPMC Primary Care After Hours Clinic (412) 784-5211 St. Margaret's Hospital and Murrysville	UPMC St. Margaret Bloomfield-Garfeld Family Health Center (412) 361-7562 5475 Penn Ave. Pittsburgh, PA 15206
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For convenience, students may see physicians at the UPMC General Internal Medicine clinic in Montefiore (scheduling: 412-692-4888, <https://providers.upmc.com/>). Some providers offer early morning, night, and weekend appointments. Dr. Sarah Tilstra and Dr. Eloho Ufomata are physicians recommended by prior students who are leaders in LGBTQ primary care at UPMC. **Please note that physicians at Montefiore may be faculty who are actively part of medical education.**

Finally, all medical students are able to be seen at [Student Health Services](#) for primary care and acute care. They are located at 119 University Place, in the building with AT&T and PNC bank, across from the Starbucks on Fifth Ave.

***As part of the wellness fee paid by all grad students, medical students are not charged a copay. However, Student Health Service does accept health insurance and will file a claim to your insurance company for services rendered. Other services offered by Student Health include:

- Routine physical examinations, including age-appropriate screening and counseling
- Testing and treatment for sexually transmitted diseases
- Testicular and skin cancer screening
- Vaccinations including HPV
- Sports physicals
- Injury-related care
- Evaluation and management of dermatologic complaints, including hair loss and acne
- Specialized care for men who have sex with men
- Gynecologic care (see Sexual Health section)

Additional Resources:

- Your Advisory Dean! They're a wealth of knowledge, well connected in the Pittsburgh medical community, and can point you in the direction of PCPs for your specific needs.
- [LGBTQ+ Clinical Providers at UPMC](#)
- [GLMA Provider Directory](#)

SEXUAL HEALTH

“Don’t let your affection give you an infection. Put some protection on that erection.” -Some eCard we found on the internet

“Safe sex is great sex, better wear a latex. Cuz you don’t want that late text, that ‘I think I’m late’ text.” -Weezy

“Wrap it before you tap it.” -Ancient Proverb

Pittsburgh has many non-judgmental, fun, and compassionate providers to keep your birds, bees, and wallets happy.

Gynecologic Services:

Allegheny Reproductive *Dr. Sheila Ramgopal (412) 661-8811 5910 Kirkwood Street Pittsburgh, PA 15206 https://www.alleghenyreproductive.com/	UPP (University of Pittsburgh Physicians) ObGyns and Associates ** *Dr. Colleen Krajewski *Dr. Nicole Donnellan *Dr. Copley-Woods (412) 641-6412 300 Halket Street, Suite 610 Pittsburgh, PA 15213 https://providers.upmc.com	Seasons OB/GYN Multiple Locations 1 (855) 281-GYNE (4963)
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Pitt Student Health 119 University Place Pittsburgh, PA 15213 412-383-1800 https://www.studentaffairs.pitt.edu/shs/medical/womens/	Planned Parenthood of Western Pennsylvania (multiple locations) https://www.plannedparenthood.org/planned-parenthood-western-pennsylvania
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***Specifically recommended, but there are many great providers at these locations **
Type the doctor’s name into the search engine to find specific contact information**

Student Health offers a full range of gynecologic care, including:

- Routine gynecologic exams
- Screening and management of cervical cancer, breast cancer, and sexually transmitted infections
- Pregnancy testing, counseling, and referral
- Evaluation and management of thyroid disease(s)
- Evaluation and management of breast complaints, including nipple discharge and breast lumps
- Preventive care, including counseling on bone health, administration of HPV Vaccine (recommended for all females through 26 years of age)
- Evaluation and management of Polycystic Ovary Syndrome (PCOS)
- Consultation on contraceptive issues
- Evaluation and treatment of common gynecological complaints, including genital skin lesions, including ulcers and bumps
- Sexual assault and intimate partner violence evaluation, management, and referral
- Counseling and prescribing emergency contraception
 - **Note: Plan B can be obtained at the SHS pharmacy for \$15 (vs. \$50 drugstore)**

STD Testing & Treatment

Did you know that some very common STDs are asymptomatic in most people, especially men? It is recommended that people get regular STD screens after every new partner, or once yearly.

How long should you wait after unprotected sex to get tested?

Well, it depends, but usually 2 weeks. This will cover gonorrhea and chlamydia. For HIV and syphilis, it depends on the test that is used. Some types of tests will show results after 2 weeks and some take 3-4 months to be effective, so make sure to ask your facility what type of tests they are using. Hepatitis C & Hepatitis B can also be taken 3-4 months after a sexual encounter.

What should you be tested for?

One thing you will learn in micro is that patients should be tested based on **history**, **NOT symptoms!** The vast majority of places only screen based on symptoms, and annual ob/gyn STD tests only screen for chlamydia and gonorrhea. This is a disservice to patients and you! The resources below offer a wide range of testing, and you have the right to request as many tests as you'd like. Throat and anal swabs are available at some places, too. Discuss with your provider your full sexual history, and together you will decide which tests you should receive.

Full list of STDs and further information:

<https://www.plannedparenthood.org/learn/stds-hiv-safer-sex>

*There is no such thing as TMI with sexual health. Telling your provider about partner number, sexuality of yourself and partners, type of sex practiced, and even any toy, drug, or product use is extremely helpful in keeping you healthy!

The free testing facilities are a great option for students still on their parents' insurance and concerned about confidentiality.

Facility	Location & Phone	Cost	Availability	Other notes
Allegheny County Health Department	Blakey Center Public Health Clinic 1908 Wylie Avenue Pittsburgh, PA 15219 412-578-8081 http://bit.ly/achdstd	Free	Walk-in: M/T/R/F: 8:30a - 3:30p W: 12:30a - 7:30p	Free screening for HIV, syphilis, chlamydia, and gonorrhea
Allies For Health & Wellbeing	5913 Penn Avenue 2nd Floor Pittsburgh, PA 15206 412-345-7456 https://www.alliespgh.org/services/testing-education	Free	By appointment: M/F: 8:30a - 3:30p T/W/R: 8:30a - 6:30p Walk In: Sat: 9:00a - 11:15a Sun: 1:00p - 4:15p	Blood tests done by finger prick instead of blood draw :)
Central Outreach Wellness Center	Timber Court Building 127 Anderson St, Pittsburgh, PA, 15212 412-515-0000 https://www.centraloutreach.com/location/pittsburgh-north-shore-location	Free	Appt. or Walk-in: M/R: 9:00a - 7:00p T/W: 9:00a - 5:00p F: 10:00a - 5:00p	
Pitt Student Health	119 University Place Pittsburgh, PA 15213 412-383-1800	Low	By appt.	Asking for "an STD test" will only get you Gonorrhea & Chlamydia.
Planned Parenthood of Western Pennsylvania	Multiple locations http://bit.ly/ppwplocations	Low	By appt. or walk-in	Books 2-4 weeks out and walk-ins not guaranteed

*Any PCP or ObGyn

STD prevention tips:

- Condoms are the only form of contraception that also protect against STDs
 - Check expiration dates
 - Inspect for tears and holes before using
 - DO NOT use more than 1 condom at once. Both are more likely to break this way
 - DO NOT reuse condoms
- Wash sex toys after each use and avoid sharing them with partners
- Utilize condoms and dental dams for oral sex
- Don't be afraid to ask partners about STD testing history
- Get vaccinated against HPV (Gardasil doesn't cover all strains, just the worst ones)

HIV/AIDS Resources:

HIV is a sexually transmitted virus that, if left untreated, will develop into AIDS. While once a death sentence, HIV is now nearly curable and transmission can be prevented. With HIV and other viral STDs, Undetectable = Untransmittable (U=U). This means that if viral loads are so low that they cannot be detected in the blood, it is very unlikely that the virus can be spread to a partner.

How do we achieve U=U? Antiretrovirals! In addition to the patient being treated for HIV, their partners can be too! Pre-Exposure Prophylactic (PrEP) can be taken by healthy partners to prevent acquisition of HIV during unprotected sex. If unprotected sex already occurred and your partner is HIV positive, that's where Post-Exposure Prophylactic (PEP) comes in.

Along with the STD testing centers mentioned above, the following providers and facilities are extra knowledgeable about managing HIV/AIDS and providing PrEP & PEP:

Center for Care of Infectious Diseases Dr. Bernard Macatangay Dr. Ken Ho Falk Medical Building 3601 Fifth Ave. 7th Floor Pittsburgh, PA 15213 (412) 647-7228	Planned Parenthood of Western Pennsylvania (multiple locations) Location finder: http://bit.ly/ppwplocations
	Allies for Health & Wellbeing https://alliespgh.org/ 412-345-7456
	Central Outreach Wellness Center https://www.centraloutreach.com/ 412-515-0000

Contraception

Information and side by side comparison of methods: <https://www.bedsider.org/methods>

	Examples	How long does it last?	Effectiveness	Cost (\$-\$\$\$)
Effective	Condoms (Male or Female)	1 use	76-88%	\$
	Withdrawal / pulling out	N/A		
	Rhythm method / fertility tracking	N/A		
	Diaphragm	Reusable		
More effective	Combined Pills	1x daily	91-96%	\$\$
	Progestin-only Pills	1x daily		
	Depo Shot	3 months		
	Ring	Change weekly		
	Patch	Change weekly		
Most effective	Hormonal IUD*	3-7 years	>99%	\$\$\$
	Copper IUD*	10-12 years		
	Arm implant	3-4 years		
	Sterilization	Forever (vasectomy may be reversible)		

*Per ACOG guidelines, you are NOT required to be on your period during IUD insertion, and you do NOT have to get one of the smaller IUDs if you have never been pregnant.

The ACA requires insurance plans to cover all 18 FDA-approved contraceptive methods. However, certain grandfather clauses and employer exemptions make this not the case for some people. If this is the case for you, the National Women’s Law Center’s CoverHer Hotline will help you navigate the appeal process at 1-866-745-5487.

Emergency Contraception

Condom broke? Ruh-Roh, Shaggy.

Emergency Contraception (EC) is more commonly known as “the morning after pill.” Although EC can work up to 3 or 5 days (see below) after unprotected sex, the earlier the better for maximum effectiveness.

The most popular brand of EC is Plan B One-Step, which works up to 72 hours after sex. ella works well up to 120 hours (5 days) and lowers your risk of pregnancy by 85-90%. EC is sold over the counter at any drug store, Target, etc. for \$40-50. If you can’t find it in the aisles, it may be behind the pharmacy counter. At the Student Health pharmacy, Plan B One-Step is available for \$15.

Lower cost alternatives like Next Choice One Dose, Take Action, and My Way generally cost less (about \$15-\$45). You can also order a generic brand called AfterPill online for \$20 + \$5 shipping.

(<https://afterpill.com/>: AfterPill can’t be shipped quick enough to use if you need a morning-after pill right now, but you can buy it and keep it for future situations). You may also be able to get the morning-after pill for free or low cost from Planned Parenthood, or your local health department. ONLY IF any of those options are still not feasible and you have daily birth control pills on you, you can actually take a few of those and it will have the same effect as Plan B. Please read the following link & chart very carefully if you plan on doing this option: <https://ec.princeton.edu/questions/dose.html#dose>. Different brands come with different instructions and number of pills, so just make sure to read the directions on the box!

Abortion Services

If you find yourself pregnant and do not wish to be, Pittsburgh has 5 abortion clinics. Their staff are incredibly compassionate and will provide you with resources and information for all of your options. Abortion is one of the safest medical procedures, with lower complication rates than colonoscopies and wisdom tooth extraction.

In Pennsylvania, abortion is legal until 23 weeks and 6 days gestation. The state requires a 24-hour waiting period between consent and procedure, and usually the consent can be done over the phone. At < 9-10 weeks, a pregnancy can be terminated with a 5-10 minute clinic procedure (“D&C”) or by taking a series of pills at home. After 10 weeks, the in-clinic procedure is the only option (“D&C” or D&E”, depending on gestation).

Insurance coverage of abortions varies greatly in private plans. In PA, state Medicaid and the ACA Marketplace do not cover abortions except in the cases of rape, incest, and life endangerment. The cost of abortion starts at about \$500 and increases as the pregnancy goes on. Some clinics offer IV sedation for an additional cost, but this service is not always available.

Facilities differ in up to how many weeks gestation they can provide abortions. Only the Liberty Ave. (Downtown) Planned Parenthood location provides abortion services.

<p>UPP Family Planning/University Women’s Services (Magee) 412-641-5451 < 24 weeks</p>	<p>Allegheny Reproductive Health 412-661-8811 < 24 weeks</p>	<p>Planned Parenthood of Western PA (Liberty Ave. office only) 412-562-1900 ≤ 18 weeks</p>
<p>Seasons OB/GYN 1-855-281-4963 < 22 weeks</p>	<p>West Penn Family Planning Clinic 412-578-5840 < 22 weeks for D&E, < 22 weeks for induction of labor</p>	

Additional Sexual Health Tips:

- Free condoms are sometimes located in the William Pitt Union or Pete gym, but catching them is like finding a unicorn.
- The SHS pharmacy has condoms, Monistat, feminine hygiene products, PlanB, pregnancy tests, and more for a hugely discounted price. Make this place your friend!
- The free STD services listed above are ideal for students still on their parents’ health insurance and concerned about confidentiality. These places **definitely** have loads of free condoms.
- Crisis Pregnancy Centers (CPC’s) are Catholic-based organizations that prey on scared women seeking reproductive health services (especially abortion) and provide medically inaccurate information by unlicensed providers. CPC’s run the free ultrasound vans and advertisements that read along the lines of “Pregnant and scared?” Any “abortion” clinic other than those listed above, or clinics with very vague and secretive websites, should be avoided for any gynecological care.

Additional Resources:

- IOTAS Textline (412-424-6827)
- IOTAS (It’s Ok To Ask Someone) is a free and confidential anonymous sex ed textline run by Planned Parenthood of Western PA. Within 24 hours, highly trained peer educators will answer any questions about sexual health, pregnancy, contraception, healthy relationships, bodies, sexuality, and gender.
- Bedsider.org
 - Very informative and fully fact-checked website for all things sexual health. While most famous for learning about and comparing contraceptive methods, Bedsider has information on STDs, issues with intercourse, communicating with partners, insurance & policy, and a guide for men. They have a great FAQ section, too. Before a blind google of your problem, try Bedsider!

Sexual Assault Services

Of graduate students, 8.8% of female and 2.2 % of male students will experience rape or sexual assault. Rape, sexual assault, and harrassment include forcibly having sex with or touching someone, having sex with or touching an incapacitated person, verbally or physically pressuring someone into sexual acts, and someone making lewd comments about one's body or sexual acts.

Drunk or high people cannot give consent. Only an explicit and enthusiastic "Yes" is considered consent, and a Yes to one activity does not mean a Yes to another activity. Talking someone into sexual activity or pressuring for consent is not consent. For more information on how to define sexual assault, visit <https://www.plannedparenthood.org/learn/teens/bullying-safety-privacy/>.

Deciding to report sexual assault and harassment is up to you, and the following resources will help you through any decision you make. Here are a few helpful things to know:

- Rape kits are available at any emergency room and some clinics. You are able to have a rape kit done without filing a police report, and the results will always be available in case you later decide to press charges. To put it simply, it leaves you with future options.
- **DO NOT REMOVE ANY CLOTHING OR SHOWER BEFORE THE RAPE KIT IS COMPLETED.** This is an incredibly difficult and counterintuitive thing to do, but the evidence needs to be as intact as possible. Also try to avoid going to the bathroom, combing your hair, eating, drinking, or smoking. Once the evidence is gone, it is gone.
- Rape kits are an invasive process. This is not meant to scare you, but to prepare you on what to expect. The kit involves skin and pelvic examination, photography of bruising, genital/anal/mouth swabs, nail scrapings, and plucking of head and pubic hairs.
- The examiners who perform these tests are specially trained to do so, and they are incredibly compassionate people.
- **Most importantly, it is not your fault regardless of what you were wearing, doing, or drinking.**

<p>Center for Victims http://bit.ly/c4victims 24-hour Crisis Number: 1-866-644-2882 Pittsburgh Office Number: 412-482-3240</p>	<p>Pittsburgh Action Against Rape (PAAR) https://paar.net/ 81 S 19th Street Pittsburgh, PA 15203 Office: 412-431-5665 24 hour helpline: 1-866-END-RAPE or 1-866- 363-7273</p>	<p>SHARE (Sexual Harassment and Assault Response Education) Support Through Pitt for sexual assault or harassment, relationship violence, and stalking. http://www.share.pitt.edu/</p>
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<p>RAINN (Rape, Abuse & Incest National Network) National Hotline: 800- 656-HOPE https://rainn.org/</p>	<p>Women’s Center & Shelter of Pittsburgh 24-hour hotline: 412-687-8005 24-hour textline: 412-744-8445</p>
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Mistreatment/learning environment concerns/sexual harassment at Pitt can be reported at www.ole.pitt.edu/PAIR

Direct contact:

- ❖ Dr. Evelyn Reis, evelyn.reis@chp.edu
- ❖ Dr. Wendy Mars, wmars@pitt.edu

When submitting a professionalism accolade or reporting an incident of unprofessional behavior or mistreatment through the PAIR system, you can choose to file confidentially or anonymously. Additional details, including protections for students, are provided [here](#).

For full information about sexual assault and harassment policy/procedures at Pitt Med, visit http://www.studentaffairs.pitt.edu/wp-content/uploads/2017/10/2017_Code_of_Conduct_Clean.pdf

DENTISTRY

Just because you'll spend less than a thirty minute lecture on teeth in your Physical Exam class doesn't mean you should forget about your dental health! The ADA recommends that you brush your teeth twice with fluoride toothpaste and floss daily to prevent the formation of cavities. It is also highly recommended that you see a dentist regularly for prevention and treatment of oral diseases. The following dentists were recommended by students as being particularly good for their flexibility and convenience:

<p>Dr. Paul Gleason (412) 731-8700 6314 Forbes Avenue Pittsburgh, PA 15217 http://gleasonfamilydentistry.com/</p>	<p>Dr. Michael Cushman 412-682-6700 3347 Forbes Avenue, Suite 300, Pittsburgh, PA 15213 http://www.drmcushman.com</p>	<p>Chestnut Hills Dental - Squirrel Hill (412) 521-4300 5889 Forbes Ave #305, Pittsburgh, PA 15217 https://www.chestnuthillsdental.com/practices/chestnut-hills-dental-pittsburgh-sq-hill/</p>	<p>University of Pittsburgh School of Dental Medicine* (various providers) 412-648-8616 3501 Terrace Street Suite 3189, Salk Hall Pittsburgh, PA 15261 https://www.dental.pitt.edu/patient-dental-care</p>
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Pro-tip: Remember to double check with your insurance provider about the number of dental cleanings that they are covering. The ADA recommends that you get two dental cleanings a year and teeth X-rays once a year . Most cosmetic procedures (e.g. teeth whitening) are usually not covered by insurance providers, so be prepared to pay out of pocket.

*Pitt students receive 10% off all non-covered services, but because of COVID-19, you may have to complete a telehealth visit, rather than an in-person visit, for emergency care.

OPTOMETRY

Remember that you should have your eyesight checked once per year, too! With all those late nights staring at Anki cards on your computer or watching Netflix, your powers are changing faster than you think. Here is a list of providers and services that are available in the area. As always, check your insurance coverage first.

<p>Shadyside Eye Associates (412) 404-2626 5730 Ellsworth Ave #4 Pittsburgh, PA 15232 https://www.shadysideeyeassociates.com/</p>	<p>Complete Vision Family Care (412) 683-2727 201 N Craig St #105 Pittsburgh, PA 15213 http://www.myvisioncare.com/</p>	<p>MyEyeDr. (412) 683-2727 201 N Craig St #105 Pittsburgh, PA 15213 https://locations.myeyedr.com/pa/pittsburgh/201-north-craig-street</p>
<p>UPMC Eye Center, Eye Care, & Optical (412) 647-7488 3606 Forbes Ave Pittsburgh, PA 15213 https://www.upmc.com/services/eye/optical-shop</p>	<p>Eyétique (412) 682-1499 3701 Forbes Ave Pittsburgh, PA 15213 https://eyetique.com/</p>	<p>Oakland Fashion Optical (412) 621-2523 311 S Craig St#1A Pittsburgh, PA 15213 https://www.oakland-optical.us/</p>

If you find yourself needing specialized ophthalmology care, UPMC Eye Center houses the Department of Ophthalmology. They can be contacted at 412-647-2200.

Pro-tip: Remember to check with your insurance provider about your eye care services. If you are still on your parent’s insurance, double check to make sure you are listed as a student. Some in-network contact lenses and optical stores provide discounts to students.

OTHER SPECIALTIES

HMO insurance plans normally require you to obtain a referral from a primary care physician in order to see a specialist. However, if you have a PPO plan (the UPMC Grad Student Health Plan through the school is a PPO plan), you are free to make appointments without a referral. Here is a (very abbreviated) list of certain, local specialists. It is a good idea to still talk with your PCP about the best options for your care, especially since they are often the best source for good, personalized recommendations. As always, make sure that your insurance has specialty coverage and/or that the specialists are in-network for you!

Dermatology	<p>UPMC Department of Dermatology 412-647-4200 Falk Medical Building, Suite 5A 3601 Fifth Avenue Pittsburgh, PA 15213</p>	<p>Forefront Dermatology 412-683-5211 4727 Friendship Avenue, Suite 300 Pittsburgh, PA 15224</p>
Allergy/ Immunology	<p>Allergy and Asthma Associates of Pittsburgh multiple locations https://www.allergyandasthmaassociatesofpittsburgh.com/</p>	<p>AHN Allergy and Asthma 412-359-6640 490 E North Ave, Suite 207 Pittsburgh, PA 15212</p>
Endocrinology	<p>UPP (University of Pittsburgh Physicians) Endocrinology 412-586-9700 Falk Clinic Suite 3B 3601 Fifth Avenue Pittsburgh, PA 15213</p>	
Physical Therapy	<p>UPMC Centers for Rehab Services <i>Patients get care for up to 30 days without referrals. Multiple locations.</i> 412-692-2434 https://www.upmc.com/services/rehab/crs</p>	<p>Pivot Physical Therapy 412-661-0400 5770 Baum Blvd #100 Pittsburgh, PA 15206 https://www.pivotphysicaltherapy.com/locations/pittsburgh-pa-eastside/</p>

DISABILITY SERVICES

If you have been diagnosed with ADHD, hearing problems, or other medical conditions that may impact your learning, there are services available to help. Pitt Med is committed not only to boosting your overall wellness, but also to ensuring that you are aware of the services that are available to accommodate your special conditions.

Laura Jeannerette (LLJ), Senior Advisor for Medical Education, is your learning skills guru and invaluable resource if you want advice on study strategies. She is happy to meet with anyone to develop successful study plans, whether or not you require exam accommodations. Email LLJ if you want to set up a meeting: jeannerette@medschool.pitt.edu.

<p>Pennsylvania Office for the Deaf and Hard of Hearing 1-800-233-3008 (PA only) 814-792-2381 (Videophone) 717-783-4912 (TTY) https://www.dli.pa.gov/Individuals/Disability-Services/odhh/Pages/default.aspx</p>	<p>Blind and Rehabilitation Services (BVRs) of Pittsburgh 412-368-4400 1816 Locust Street Pittsburgh, PA, 15219 https://www.bvrspittsburgh.org/</p>	<p>U.S. Department of Justice 1-800-514-0301(toll free) 1-800-514-0383 (TTY) https://www.ada.gov/index.html</p>
<p>Hearing Loss Association of America 301-657-2248 https://www.hearingloss.org/about-hlaa/contact-us/</p>	<p>University of Pittsburgh Office of Disability Resources and Services 412-648-7890 140 William Pitt Union 3959 Fifth Avenue Pittsburgh, PA, 15260 https://www.diversity.pitt.edu/disability-access/ Conducts virtual appointments</p>	<p>Behavioral Health and Mental Health Services at UPMC (ADHD Division) 412-246-6090 6th floor, 100 North Bellefield Ave Pittsburgh, PA 15213 https://www.upmc.com/services/behavioral-health</p>

Students with disabilities who wish to request accommodations under the Americans with Disabilities Act must follow the University's procedures for verification of ADA eligibility by submitting supporting documentation to the University Disability Resources and Services ([DRS](#)). Once the DRS verifies an individual's ADA eligibility, the medical school's ADA coordinators, CLJ and LLJ will be notified. Further information about documentation requirements and the validation process can be found on the DRS website.

Notification to faculty and others about your need for accommodations will contain a statement of your ADA eligibility as well as guidelines for necessary accommodations. **No information about your diagnosis, condition or history will be available in any way to course directors.**

Because of the number of verifications being processed at the beginning of the academic period, you should try and submit your request for accommodations as far in advance as possible. Advance preparation will ensure the smoothest availability of needed accommodations.

WHAT TO DO WHEN YOU GET SICK (NOT COVID)

1. Log your absence on Elentra
2. Select the profile tab in the top right
3. Scroll down to absences
4. Select “Report an absence”
5. Select your date and reasoning from the drop down:
 - a. **Excused absences** are unlimited (within reason). The following are your options for excused absences:
 - i. Health Related:
 1. Personal Illness
 2. To seek health-related care
 - ii. Mental Health:
 1. Death or severe illness of a family member
 2. Community emergencies
 - iii. Other:
 1. Religious holiday
 2. Legal Legal (e.g. jury duty)
 3. Scientific or leadership conference participation
 4. Match-related activities
 - iv. **Flex Half Day** (limited to 7 per academic year / 2 per month - During Foundations Curriculum)
 1. **CANNOT** be used for Formative or Summative Assessments or for other specific situations listed in the absence policy.

You do NOT need to provide comments for the above excuses

****You must submit your absence within 48 hours of the absence** (before or after)

*****If you are sick, submit an absence in Elentra for each consecutive day you are sick**

Full Absence Policies:

- ❖ [Absence Policy](#)
- ❖ [Assessment Absence Policy](#)
- ❖ [COVID-19 Rules \(AY F2023\)](#)
- ❖ [Policy on Response for Medical Emergencies](#)

COVID Protocol (FA 2023)

If you have been exposed to COVID-19: (exposure = close contact, unmasked)

1. Wear a high-quality mask when indoors around others, and may return to school/ clinical setting
2. Day 0 is the day of your last exposure to someone with COVID-19
3. Day 1 is the first full day after your last exposure
4. Get tested Day 6
5. Continue precautions for 10 Full Days. You can still develop COVID-19 up to 10 days after you have been exposed.

IF you have SYMPTOMS consistent with COVID:

1. Do not come in, and test for COVID.
2. Email Dr. Borghesi, borghesi@pitt.edu, (Preclerkship Students) or Dr. Buranosky, buranoskyr@upmc.edu, (Clerkship and Elective Students). **(See example email below)**
 - a. CC your Course/Clerkship Director and Course/ Clerkship Coordinator on same email
 - b. Course/ Clerkship Director will work with you regarding academic make-up, etc.

IF COVID POSITIVE:

1. Antigen home test on/after day five after initial onset of symptoms, and email results to Drs. Borghesi or Buranosky. (don't need picture, just tell us)
2. Negative antigen test after five days of isolation *and feel well enough to do so* (fever-free for at least 24 hours, have mild or improved symptoms, and able to control coughing, sneezing, etc.), may return to school/ hospital after emailing Drs. Borghesi or Buranosky for approval.
 - a. Continue to mask around others for 5 additional days after you have completed your isolation.
3. Positive antigen test after five days of isolation must remain in isolation for at least 10 days or until they retest on/after day six to determine if they can return prior to day 11 with a negative test.

IF COVID NEGATIVE:

1. Stay home until well enough to return from whatever virus you have (fever-free for at least 24 hours, have mild or improved symptoms, and able to control coughing, sneezing, etc.)
2. If you have worsening or concerning symptoms, questions, or wish to talk to a healthcare provider, please call Student Health Services' Nurse Line at (412) 383-4371

Email info, example:

A) I'M SICK!

Dr Dr. B, Course/ Clerkship Director, and Coordinator,

My name is _____ and I am a MS 3 on my Medicine Clerkship with symptoms of fever, chills, congestion. My symptoms started on 8/29/23 and my COVID test is pending. I will not be able to come in today and have completed the online absentee form

B) NEXT EMAIL: My COVID Status is....

Dear Dr. B, Course/ Clerkship Director and Coordinator,,

Hi, me again. I am now COVID positive.

Day 0 = 8/29/23 (first day of symptoms or positive test...Whichever was first).

Eligible return date: Day 6= 9/4/23 (Test is negative on Day 5 and feeling ok)

TESTING:

- At home COVID tests can be purchased at Student Health for \$7
- You can order 4 free covid tests [here](#).
- Can get Home Tests at regular pharmacies (Rite Aid, CVS, Giant Eagle, etc)
- Can get tested at Student Health if symptomatic as well.
- Rapid tests can be done at the Hub for those at high risk after exposure if they want to be reassured.

FORMAL CONTACT TRACING:

No longer being done by Student Health or Employee Health

Your responsibility to notify people that you have been around.

NOTIFYING CLOSE CONTACTS (From Student Health):

- A close contact is someone who was unmasked and less than 6 feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period.
- An infected person can spread COVID-19 two days before they develop symptoms; for people with no symptoms, two days before their positive test result.
- Please notify your close contacts about your positive COVID-19 test result.

EMERGENCY SERVICES

Especially when we don't expect it, emergencies happen. Here is a list of emergency services available in the area:

<p>UPMC Presbyterian Emergency Department (412) 647-3333 200 Lothrop Street Pittsburgh, PA, 15213 https://www.upmc.com/locations/hospitals/presbyterian/services/emergency</p>	<p>UPMC Shadyside Emergency Department (412) 623-2121 5320 Centre Ave Pittsburgh, PA, 15232 https://www.upmc.com/locations/hospitals/shadyside/services/emergency-medicine</p>	<p>UPMC Mercy Emergency Department (412) 232-8222 1400 Locust Street Pittsburgh, PA, 15219 https://www.upmc.com/locations/hospitals/mercy/services/emergency</p>
<p>UPMC Magee-Women's Hospital Emergency Department (412) 641-1000 Craft Ave Pittsburgh, PA 15213 https://www.upmc.com/locations/hospitals/magee/services/emergency-department</p>	<p>UPMC Urgent Care Shadyside (412) 623-4114 5231 Centre Ave Pittsburgh, PA, 15232 https://www.upmc.com/services/urgent-care/locations/shadyside?curloc=&daddr=40.455928,-79.939849</p>	<p>MedExpress Urgent Care Bloomfield Location (412) 687-3627 5201 Baum Blvd Pittsburgh, PA, 15224 https://www.medexpress.com/</p>

Pro-tip: You can search for in-network urgent cares through your service providers. It is important to know this information as soon as possible, otherwise you will end up paying out of pocket at your urgent care visit.