Health & Wellness FAQ

I have to travel out of New Haven, should I inform SOM about this?

The university strongly urges graduate and professional students to limit their travel outside Connecticut and such students must notify their school prior to such travel. In all cases, students returning to Yale after such travel must follow Connecticut and Yale protocols which may involve a period of quarantine. To notify SOM of your travel, you must complete the Travel Notification Form and send it to som.hsl@yale.edu. For more information, please check the Yale Travel Guidelines webpage.

I’m a member of the Class of 2021. Has my health plan coverage been impacted by COVID-19?

The Yale Health website has the latest information about student health coverage.

Can I be reimbursed for COVID-19 tests while outside of Connecticut?

If you are in Connecticut, you must continue to use the university testing sites as you have been - tests within Connecticut, outside of Yale Health, will not be covered. If you are outside of Connecticut:

1. Please refer to Community-Based Testing Sites for COVID-19 for free testing locations near you.
2. If you are unable to find free testing, you may get tested at any testing center and submit your receipt to your own health insurance carrier or, if your insurance carrier does not provide coverage, to Yale for reimbursement of up to $120.
3. If you submit your receipt to Yale, you should complete this form, and return it by mail or send it electronically to yhclaims@yale.edu to receive your reimbursement.

If I am coming from out of state, or overseas, will I need to quarantine?

All students must quarantine in their residences until a negative arrival test result is received. Additionally, students arriving from one of the states included in the State of CT Travel Advisory must quarantine for a total of 14-days upon arrival, regardless of test results. Keep in mind that the states on the CT Travel Advisory list are updated regularly. Failure to abide by this quarantine could result in a $1000 fine from the State. All students arriving from international locations must also quarantine for 14 days.

For the remainder of 2020, students and scholars who are unable to quarantine safely at home may choose to quarantine in Yale designated housing in Welch Hall on Old Campus, space permitting. To safely quarantine at home, the individual must have a separate bedroom and a mask should be worn at all times in any shared spaces. Neither a separate bathroom nor a separate kitchen are necessary, provided the quarantining person is able to clean after each use.

Conditions for quarantining in Welch Hall include:

- Food will be provided by Yale hospitality, individual orders from options including vegan, delivered each day by 11:00am.
- Other deliveries must be arranged through the housing office: 203-432-4020.
- Individual must remain in their assigned room except to use the bathroom and for testing. Outdoor space immediately in front of Welch may be used provided social distance is maintained.
- Individual agrees to remain in the quarantine housing area for the duration of quarantine.
- There is no cost to the individual.

Arrangements for quarantine housing may be made by contacting the housing office at 203-432-4020 or housingservicesoffice@yale.edu.

What are the COVID testing requirements for grad students?
All students arriving on campus or already on campus must have a viral (PCR) test through the Yale COVID-19 screening program prior to the start of the spring semester. Students who are arriving in New Haven within 14 days of the start of classes, must observe the quarantine guidelines, which require two negative COVID tests. The first test should be on the first full day after arrival, and the second no less than 4 days following the first, while quarantining until both negative results are obtained. Students who have been in New Haven for more than 14 days require only one negative gateway test before the start of classes.

Students attending in-person classes must also participate in weekly COVID testing through the Yale COVID-19 Screening Program, keeping to the same day of the week to the greatest extent possible.

Students in high-density dormitory housing (Helen Hadley Hall and Harkness Hall) are required to be tested twice per week throughout the semester.

If you had a pre-arrival COVID test done, you may submit for reimbursement using this form. If you have any specific questions about your reimbursement, please contact yhclaims@yale.edu.

If I have already received the vaccine, am I exempt from gateway and weekly testing?

At this time, no, getting the vaccine doesn't exempt individuals from either gateway (on-arrival) or routine testing, or from expectations that they'll participate in contact tracing if called. Please refer to https://covid19.yale.edu/health/covid-19-vaccine-information

Are (non-married and/or not on the Yale Health plan) partners able to get tested through Yale Health? If not, what are their options for testing locally?

If your legally married spouse or civil union partner is covered by your Yale Health plan as your dependent, they can request to be tested for COVID-19 at Yale Health. If your partner is not your legally married spouse or civil union partner, or they are not covered by your Yale Health plan as your dependent, they cannot be tested for COVID-19 at Yale Health. An option to be tested for COVID-19 locally is to use CVS MinuteClinic.

When should I wear PPE?

Evans Hall requires students to wear a face mask when inside the building at all times, as you will agree to in the Community Compact.

Yale University also outlines the University's guidelines for this on campus: https://covid19.yale.edu/health-safety-guidelines

Can I have visitors?

Visitors to SOM students are not permitted to access any part of Yale University. If a visitor is coming from one the State of CT quarantine states, or from overseas, and staying with a student, the student must quarantine along with the visitor for two weeks, or until both the visitor and the student have two negative COVID tests at least 5 days apart (starting on the first full day of their arrival).

Where can I find mental health resources?

The Wellness Resource can serve as a one stop shop for mental health and wellness resources, including managing anxiety during a pandemic, mindfulness practices, etc.

- Yale Mental Health & Counseling Services: 203-432-0290
- Yale Health Mental Health & Counseling Website: A web-based guide to wellness information, resources, and opportunities for all students at Yale