



**JABSOM COVID-19 & Other Respiratory Viruses**  
**Safety Practices, Communication and Return to School/Work Protocol**  
**As of March 15, 2024**

Aloha everyone. On March 1, 2024, the CDC updated its guidance for [Respiratory Viruses](#) which includes COVID-19, flu, and RSV. The guidance includes when you can [return to normal activities](#) in a non-clinical setting, with additional precautions for 5 more days to keep at-risk persons safe.

Most of our JABSOM learners and employees work with individuals at high risk of getting moderate-to-severe symptoms and/or frequent healthcare settings, so JABSOM policies for certain settings remain stricter than the UH policies. Except for medical student clinical skills and simulation sessions, masking is optional. However, if we have a high number of learners/employees testing positive (i.e., a potential cluster), JABSOM may reinstate an indoor mask requirement.

**IMPORTANT:** Please respect an individual’s personal choice to wear a face mask. [Since the pandemic health emergency has ended, you should expect to pay for COVID-19 testing done at a pharmacy, lab, or clinic.](#) For this reason, we strongly suggest you purchase home testing kits. Not all clinical sites provide testing. See page 3 for more information.

**The isolation requirements for [non-clinical](#) settings have been removed to be consistent with the CDC guidance for respiratory viruses.**  
**Clinical settings should follow facility protocol.**  
**Please continue to notify Dr. Jill Omori if you [test positive](#).**

## Table of Contents

<b>SUMMARY OF CHANGES</b>	2
COMPLIANCE WITH VACCINATION REQUIREMENT	2
FACE MASKS AND OTHER PPE	2
<b>COMMUNICATION PROTOCOL</b>	3
<b>EXPOSURES AND TESTING</b>	3
<b>RETURNING TO WORK AND REQUIRED DOCUMENTATION</b>	4
<b>TRAVEL-RELATED QUESTIONS</b>	5

# SUMMARY OF CHANGES

## COMPLIANCE WITH VACCINATION REQUIREMENTS

- [Up to Date](#), COVID-19 vaccination is strongly recommended.
- JABSOM continues to require up-to-date vaccination status for 'Imi Ho'ōla and MD program students to be consistent with hospital requirements.

## FACE MASKS AND OTHER PPE

### ● **REQUIRED**

- If you are considered exposed to COVID-19, please wear a well-fitted mask when you are on a JABSOM campus at all times (no eating or drinking with others) and in all settings (unless you are alone in your own enclosed office) for the full ten-day duration for persons after exposure to a person with COVID-19.
- Clinical skills and SimTiki experiences will continue using surgical masks, which we will provide.
  - If needed during surge periods, we will provide unfitted N95s or KN95s. Unless the mask is soiled or wet, the N95/KN95 can be reused up to five times, as the initial use will not be for a prolonged period. Note these situations are not actual patient care settings where a fitted N95 may be required.
- Students and employees working in clinical sites must continue to follow the site's protocols for PPE and isolation after testing positive for COVID-19. Mask requirements in some clinical facilities may change, so please check with your preceptor, chief resident, or clerkship coordinator if you have any questions.

### ● **RECOMMENDED**

- **If you are returning to campus after any respiratory illness, we strongly recommend you wear a mask around others for 5 more days after you return.**
- Surgical masks will be made available at the security desks, in classrooms, and in labs for those who prefer wearing one.

## TRAVEL

- There are no pre-arrival or post-arrival testing requirements UNLESS you work in a health care facility with those requirements. The requirements are different for HPH, Kaiser, and Queen's, so please check with the OSA, the specific facility, or your preceptor for those details.
- **We do strongly encourage people to do a home test if they develop respiratory symptoms within 10 days of travel.**

## COMMUNICATION PROTOCOL

This communication protocol related to COVID-19 further clarifies JABSOM-specific processes. This protocol applies to all JABSOM employees and learners working at the Kaka`ako campus. **Therefore, we ask that everyone follow the safety measures, illness or symptom response guidelines, and notification of positive test results for COVID-19.**

Our JABSOM-designated campus official for this communication protocol is Dr. Jill Omori (808-221-0685). JABSOM Residents and Fellows will continue to report according to their specific guidelines. In addition, JABSOM clinician faculty should report their status per facility protocol.

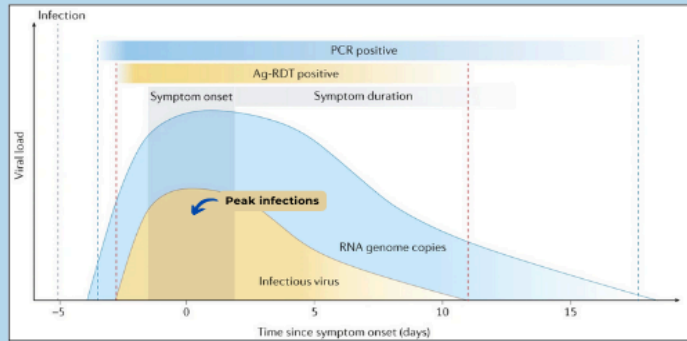
### SYMPTOMS: Staying at home if you are sick

- **Stay home if you are sick** and seek medical care as needed.
- **If you do not work in a clinical setting, consider [testing](#) as an additional prevention strategy to help protect yourself and others.**
- If you work/learn in a clinical setting, you are required to test per the health care facility protocol.
- A rapid antigen/home test is acceptable. If you have symptoms and a positive rapid antigen, you have COVID-19 and DO NOT need a confirmatory PCR test. Please check the Hawai'i DOH website for more information: [If You Become Sick | Disease Outbreak Control Division | COVID-19](#)
- Drink plenty of water and other clear liquids to prevent dehydration.
- Cover your coughs and sneezes. Stay in your room if at all possible.
- Wash or clean your hands often with hand sanitizer that contains at least 60% alcohol.
- **If you are experiencing respiratory virus symptoms that are worsening (i.e., difficulty speaking or breathing) or if you are at high risk for severe disease**, please see your primary care physician, urgent care (call first), or call either the Queen's Medical Center COVID-19 infoline (808-691-2619) or the Hawaii Pacific Health Virtual Clinic (808-462-5430 (Press option 2)).

# RESPIRATORY VIRUS PRECAUTIONS

(COVID, Flu, RSV, or similar)

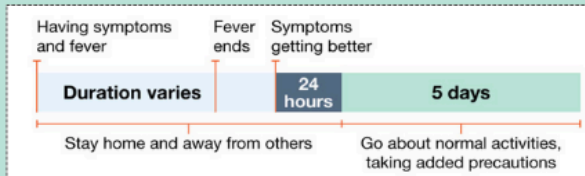
## WHAT THE *VIRUS* IS DOING



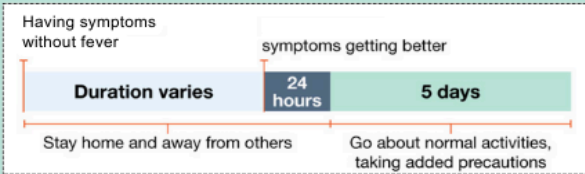
*Puhach, et al. Nat Rev Microbiol 21:147-161 (2023).*

## WHAT *YOU* SHOULD BE DOING

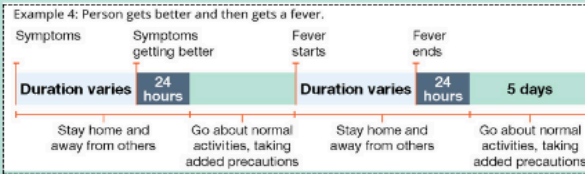
**Fever**



**No Fever**



**Variable**



Centers For Disease Control and Prevention

## ADDED PRECAUTIONS



Make sure to mask for a total of 10 days, especially around at-risk individuals



Make sure to wash your hands for 20 seconds or use hand sanitizer

## EXPOSURES AND TESTING

### Definition of exposure

- For those with possible [exposure in healthcare settings](#): If you wore the required PPE properly, you would generally not be considered an exposure. An N95 mask is required during aerosol-generating procedures. Please contact your clinical supervisor and notify your rotation coordinator of the latest facility protocols.

#### **EXPOSED (regardless of vaccination status)**

- If you do not have any respiratory symptoms, you are not required to quarantine.
- Wear a well-fitted mask at JABSOM MEB or BSB. In clinical areas, follow their protocol.
- Watch for respiratory virus symptoms for 10 days following exposure.
- If you begin to experience symptoms, physically distance yourself from others and test for COVID-19. Stay home until you know the results. Wear a well-fitted mask around others.
- Students, residents, or clinicians working in hospitals should follow the facility's protocols. Some facilities may offer testing if you were exposed during patient care at that facility. Others may not.
- No insurance will pay for testing in asymptomatic individuals. You can find more information and make an appointment for a test at [Walgreens or CVS](#). You may have a co-pay.
- For those with possible [exposure in healthcare settings](#): Missing any portion of required PPE will likely result in a “high-risk” exposure – which essentially means staying out of the clinical learning environment for at least 5 days. Each facility has its protocols for determining exposure and return-to-work status.

#### **Testing or having a diagnosis of COVID-19**

- If you **test** for COVID-19 because you have symptoms, you **MUST** stay home and [physically distance](#) yourself until you receive the results of your test (home testing is acceptable).
  - If you have symptoms and test positive with a rapid antigen home test, you do not need to confirm with a PCR test. Instead, you are diagnosed with COVID-19.
- If you are **diagnosed** with COVID-19:
  - Stay home and [physically distance](#) yourself from others.
  - Contact your immediate supervisor and the JABSOM-designated campus official Dr. Jill Omori (808-221-0685). If you are in a clinical setting, follow facility protocols.
  - **You should notify all of your close contacts in the preceding 48 hours that you tested positive for COVID-19.**
  - Close contacts who develop symptoms within 14 days of their last exposure should be tested for COVID-19 and self-isolate while awaiting results.

## RETURNING TO WORK AND REQUIRED DOCUMENTATION

- If you are not in a health care setting, you may return to normal activities when, for at least 24 hours, your symptoms are getting better AND you have not had a fever (and are not using fever-reducing medications). Take added precautions for another 5 days.
- Students do not need written clearance from a medical provider.
- Employees must follow standard sick leave policies if they are out for five or more consecutive working days. Please see your human resources representative for assistance.

### FOR HEALTH CARE SETTINGS ONLY:

- **Calculating isolation time:** Day 0 is the day of the first symptoms or the positive viral test result. Day 1 is the first full day after your symptoms developed or your test specimen was collected.

- E.g., Exposure but no symptoms. Exposure is day 0. You must stay home/quarantine and get tested on day 5. For example, if exposure happened on August 15 (day 0), get your test on August 20 (day 5) at the earliest. You may return when you get your negative test result and if you remain asymptomatic.
- E.g., Symptoms on August 15 and positive test results on August 17. Day 0 is August 15. Isolation for days 1-5 (until August 20). On day 6 (August 21), if you meet the criteria to get out of isolation, you may return to work or school but wear a well-fitted mask at all times and do not eat/drink around others for the remainder of the 10 days. People remain infectious but with lower viral loads through days 8-9.

### FYI: What happens when I notify my supervisor or campus official?

- We will always limit the information to those who need to know for human resources purposes.
- Supervisors will remind potentially exposed individuals to maintain strict confidentiality of their COVID-positive co-workers.

## TRAVEL-RELATED QUESTIONS

### Before trans-pacific travel:

- Medical students, residents, and clinicians working in facilities with travel-related testing requirements should follow facility protocols.

- The student or employee should discuss with their supervisor the dates of travel, any implications of isolation requirements on their job functions (or rotation requirements) should they need to isolate, and discuss if there is an option to work/learn from home if they become infected with COVID-19 but can work or learn from home (i.e., very mild illness).
  - Medical students, please discuss this with OSA.
  - JABSOM Residents/Fellows, please discuss with your Program Director and follow program-specific and hospital-specific protocols regarding returning to work post-travel.
- **We strongly advise that you wear a good mask in airports and planes.**

Upon return to O'ahu:

- Please note that our residents and MS3/MS4 students may be required to complete a hospital's pre-travel form or app if required.
- The traveler and their entire travel party should self-monitor for symptoms of respiratory viruses for 10 days.
- **Stay home and away from others who are not sick if you have respiratory virus symptoms that aren't better explained by allergies or another cause.**

CLINICAL SETTINGS:

- The returning traveler must follow any hospital requirements for self-monitoring, screening, and any required post-travel testing.
- Faculty in clinical settings should adhere to the clinical setting policy.
  - For faculty: If there is no set facility policy, but they are working in a very high-risk clinical setting (as in geriatrics), and there is not an option for telework, then the traveler will need to discuss with the Department Chair before the faculty travel.
- Residents/Fellows must follow program-specific and hospital-specific or HRP protocols regarding returning to work post-travel.
- Students on clinical rotations - We follow the policy currently in place for that clinical site.
  - Medical students: If you have a **clinical rotation at a site with a post-travel testing requirement**, and your rotation starts before your COVID test on day 5 after your return, you may have to delay the start of your rotation until after the test has resulted negative. This will vary by facility. Please discuss this with OSA before you travel outside of Hawai'i and schedule your return date with enough buffer.
  - Facilities may require employees, students, residents, and fellows to do testing depending on prevalence, travel patterns, or the rapidly changing issues associated with COVID-19.
  - If the site does not have a policy, then

- You must self-monitor, wear a mask, and adhere to any physical distancing rules (including not eating/drinking coffee with others) for 10 days following your return from out-of-state travel.
- Persons working in clinical settings who test COVID-19-positive after travel will require consultation with employee health. The processes vary depending on when you test positive after returning from travel.