



JABSOM COVID-19 Communication and Return to School/Work Protocol As of March 26, 2021

(updates since the prior version are highlighted in yellow)

The major update relates to [quarantine in vaccinated individuals](#) who are exposed COVID-19

This communication protocol related to COVID-19 is meant to further clarify JABSOM-specific processes in accordance with the [UH COVID Interim Guidelines](#). This protocol applies to all JABSOM employees and learners, including those working on the UH Manoa campus or in a clinical training site. Per UH guidelines as well as Hawaii State Department of Health, COVID-19 is a mandatory reportable disease during this current public health emergency. The safety of our entire JABSOM and UH ohana, including our own family members and patients that we care for are of utmost importance. Due to the significant impact that the COVID-19 pandemic is currently having on our community, we must do our part to minimize exposure to and slow the spread of COVID-19 at JABSOM and in the community. For those of us working in a healthcare setting, we have an even higher level of professional responsibility to keep everyone safe. We ask that everyone follow the following guidelines related to safety measures, illness or symptom response, notification of potential COVID-19 exposures and actions regarding positive test results for COVID-19.

For the purposes of this communication protocol, our JABSOM designated campus officials are Dr. Jill Omori (808-221-0685) or Dr. Lee Buenconsejo-Lum (808-426-3379). JABSOM Residents and Fellows will continue to report according to their specific guidelines. JABSOM clinician faculty, even if primarily employed at a clinical site, should also report their status as defined below.

General Safety

- Please adhere to all recommended handwashing, sanitizing of your personal work and eating spaces, physical distancing and face covering guidelines, both in and out of the workplace. Community transmission is occurring on Oahu. Recent clusters have been related to family or social gatherings or going to restaurants without sufficient physical distancing or wearing of face coverings.
- Please note that we continue to monitor the community transmission closely and may further alter the physical spacing inside and outside of our cafeteria.

For those working in the BSB or research areas, there may be more specific safety and reporting guidance applicable to you. Please contact Dr. Mariana Gerschenson for more information.

Symptoms: Staying at home if you are sick and self-reporting

- Stay home if you are sick and seek medical care as needed.
- Drink plenty of water and other clear liquids to prevent dehydration.
- Cover your coughs and sneezes. Stay in your own room if at all possible.
- Wash or clean your hands often with hand sanitizer that contains at least 60% alcohol.

- If you are experiencing symptoms that could be consistent with [COVID-19](#), please contact your primary care physician to determine if testing is recommended. If you do not have a primary care physician, please 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). According to the CDC, the symptoms of COVID-19 may include the following symptoms that are new, worsening or not attributable to a pre-existing condition:
 - Fever (≥ 100.4 F) or feeling feverish (chills, cold sweats)
 - Cough
 - Shortness of breath or difficulty breathing
 - Sore throat, nasal congestion, runny nose
 - Unexplained muscle or body aches, headache, fatigue
 - New loss of taste or smell
 - Diarrhea, nausea, vomiting
 - Unexplained skin rash
 - Chest pain or pressure

Possible exposure to someone with COVID

- If you are exposed to someone who has tested positive for COVID-19, **stay home** and notify your immediate supervisor and either JABSOM designated campus official: Dr. Jill Omori (808-221-0685) or Dr. Lee Buenconsejo-Lum (808-426-3379) for further instructions. You should self-isolate. If you have not been fully vaccinated, [current DOH quarantine guidance applies](#).
 - Exposure is considered
 - Being within 6 ft of a positive individual for [15-minutes or more cumulatively over a 24 hour period](#), starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to the test specimen collection) until the time the patient is isolated.
 - In the community setting, this definition is regardless of cloth face covering use
 - Directly coughed or sneezed on by a COVID-positive individual
 - This includes exposures at work/school and outside
 - For those with possible [exposure in healthcare settings](#): In general, if the positive individual was wearing a mask or facial covering at the time of contact, then proper PPE for the healthcare provider (HCP) would be a surgical mask and eye protection. An N95 is required during aerosol generating procedures. Missing any portion of required PPE will likely result in a “high-risk” exposure – which essentially means quarantine for 14 days.

Fully vaccinated persons with an exposure

- Are not required to quarantine if they meet BOTH of the following criteria:
 - Are fully vaccinated with a COVID-19 vaccine authorized for emergency use in the United States by the Food and Drug Administration (FDA) according to a schedule recommended by the Advisory Committee on Immunization Practices

(ACIP), and are at least 14 days beyond completion of the vaccine series as of their earliest date of exposure; AND

- Have remained asymptomatic since the current COVID-19 exposure.
- Fully vaccinated persons who do not quarantine should still watch for symptoms of COVID-19 for 14 days following an exposure. If they experience symptoms, they should be clinically evaluated for COVID-19, including SARS-CoV-2 testing, if indicated.

Testing or having a diagnosis of COVID-19

- If you get **tested** for COVID-19 because you have symptoms or because you were exposed to someone with COVID-19 (or told to get the test from DOH or employee health at a health care facility), you **MUST** stay home and quarantine until you receive the results of your test and are approved to return to work or school. Subsequent actions (including duration of quarantine and monitoring) depend upon your health status, test results, nature of any potential exposure and other factors. Please contact your immediate supervisor and either JABSOM-designated campus official: Dr. Jill Omori (808-221-0685) or Dr. Lee Buenconsejo-Lum (808-426-3379) before returning to JABSOM.
- If you are **diagnosed** with COVID-19:
 - Stay home and isolate
 - Contact your immediate supervisor and either JABSOM-designated campus official: Dr. Jill Omori (808-221-0685) or Dr. Lee Buenconsejo-Lum (808-426-3379). Dr. Omori and/or Dr. Buenconsejo-Lum will work with you and your supervisor and the Hawaii State Department of Health to determine if anyone in the workplace was potentially exposed to you and will recommend quarantine for those individuals as needed.
 - Cooperate with the Department of Health, UH or the health system in their contact tracing efforts and follow all recommendations set forth by them.
 - Close household contacts need to strictly adhere to all strategies to reduce the risk of getting COVID: correct and consistent mask use, physical distancing, hand hygiene, avoiding crowds, environmental cleaning and disinfection, and ensuring adequate indoor ventilation.
 - 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

- Please note that criteria for returning to work continues to evolve, especially for healthcare providers (HCP) and learners (medical students, resident and fellows). For JABSOM ohana working in clinical environments, that healthcare facility's requirements may supersede this JABSOM or UH guidance.
- The Hawaii Department of Health and CDC have updated their return-to-work criteria. The following criteria are for those with mild-to-moderate illness, who do not live in a congregate setting and who are not severely immunocompromised.

TRAVEL-RELATED QUESTIONS

Question: What if my household member has traveled and is subject to the local quarantine restrictions and they are not able to self-isolate from the employee?

- The individual should discuss their circumstance with their supervisor or academic lead for learners. There may be alternative ways to maintain physical separation, monitor symptoms, and/or minimize employee/student contact in the work/study place that could minimize risk to other employees or students.
- Current CDC, DOH and hospital policy is generally as follows
 - Returning household traveler should quarantine as much as possible
 - The employee/residents/student self-monitor for symptoms and conduct twice daily temp checks but does not need to quarantine if they do not have any symptoms.
 - The health care provider (HCP)/student must 100% adhere to surgical mask and other PPE rules in the clinical setting.
 - If non-clinical staff, they should still be adherent to 100% use of facial coverings, and physical distancing
 - If the HCP or employee has ANY symptoms, they cannot come to work and need to notify their supervisor.
 - Based on the contact with someone who was in a high-risk area/travel in the past 14 days, the HPC or employee may be referred for testing (once they have symptoms).

Question: Given the State's and some County's [Safe Travels](#) program, am I allowed to return to work if I have a negative pre-arrival test?

- As of 10/28/20 and continuing on 3/26/21, JABSOM is following the State's Safe Travels policy. However, please closely monitor any changes and the advisories from UH and the hospitals.
- A negative pre-arrival NAAT test (72 hours prior to arrival in HNL) means you can go to school (including clinical rotations) and must follow all safety precautions (PPE, physical distancing, self-monitoring for symptoms, etc.).
- If there is no pre-arrival test result at the time of arrival, then the traveler must quarantine (except to get the test) for the entire 10-day period.

Prior to travel:

- The student or employee will discuss dates of travel, implications of quarantine requirements on their job functions with their supervisor, and discuss if there is an option to work/learn from home if they are required to quarantine.
 - Medical students, please discuss this with OSA. Please note that hospital guidance is or will be changed as of the end of March-April as the State and Counties make decisions about inter-island and transpacific travel (pre-travel testing and/or vaccination "passport").

- Graduate Students, please discuss with your Chair or supervisor.
- JABSOM Residents/Fellows, please discuss with your Program Director and follow program-specific and hospital-specific protocols regarding returning to work post-travel.
- If the supervisor has questions, they should contact:
 - Dr. Buenconsejo-Lum or Dr. Omori for all besides BSB occupants.
 - Dr. Gerschenson for Basic Science students/staff/faculty.
- If travel will proceed, then the traveler needs to meet State travel requirements through the Safe Travels Program (travel.hawaii.gov)
- Please note that saliva-based tests, such as those offered by VaultHealth and Costco are not acceptable by JABSOM or the hospitals due to the concerns over the quality of sample collection and the sensitivity of the test.

Upon return to O‘ahu:

- Enter mandatory quarantine if you were told to do so prior to your departure [*this would be rare*]
 - Please note that our residents and MS3/MS4 students may be required to complete the hospital's pre-travel forms.
- If the pre-arrival test through a [Trusted Partner](#) was negative, the traveler and their entire travel party must self-monitor for symptoms of COVID daily for 14 days.
- If coming to a UH campus, the traveler must complete the Lumisight UH app.
- If going to a clinical rotation, the traveler must self-monitor, do the temperature screening at the entrance to the facilities (as applicable) and adhere to other screening protocols or apps as they are developed and required by the clinical site.
- **DO NOT GO TO school or work if you have any symptoms that could be COVID.**

CLINICAL SETTINGS:

- 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 have a discussion with the Department Chair PRIOR to the faculty travel.
- Residents/Fellows must follow program-specific and hospital-specific, HRP or UHP protocols regarding returning to work post-travel.
- Students on clinical rotations - We follow the policy currently in place for that clinical site.
 - HPH, Queen’s and Kaiser:
 - If you have a negative pre-arrival test, then you will be allowed to work/rotate in the clinical site. You must self-monitor, wear your proper PPE 100% of the time, adhere to physical distancing rules (including not eating/drinking coffee with others), AND repeat a RT-PCR/NAAT test on day 5 at the traveler's own expense

- IF you are fully vaccinated, then the facilities may exempt you from day #5 testing.
- Note that the health care facilities may alter their policies depending on where the traveler is coming from. Facilities may require employees, students, residents/fellows to be quarantined for the entire 14-day period or require additional testing depending on prevalence, travel patterns, the rapidly changing issues associated with COVID-19, and whether the traveler is deemed an Essential Critical Infrastructure Worker as defined by the Cybersecurity and Infrastructure Security Agency (CISA)
- If the site does not have a policy, then
 - If you have a negative pre-arrival test, then you will be allowed to work/rotate in the clinical site. You must self-monitor, wear your proper PPE 100% of the time, adhere to physical distancing rules (including not eating/drinking coffee with others).
- Persons working in clinical settings who test COVID-positive after travel will require consultation with employee health. The processes vary depending on when you test positive after from return of travel