



JABSOM COVID-19 Safety Practices, Communication and Return to School/Work Protocol As of July 30, 2021

(updates since July 24, 2021 are highlighted in yellow)

Aloha everyone. For more than two weeks, we have seen triple-digit cases that include mild SARS-CoV-2 infections in those who are fully vaccinated. Emerging evidence about the Delta variant shows that an unvaccinated infected person can carry 1000 times more virus than the original SARS-CoV-2 strain. Additionally, we know the Delta is about 225% more easily transmissible by those unvaccinated. We also now know that once a fully vaccinated individual gets infected with the Delta variant, they can transmit it as well as an unvaccinated person. Widespread community transmission is occurring on O'ahu, in part due to unvaccinated travelers returning to Hawai'i from areas with very high community transmission of the Delta variant. Recent clusters have been occurred in family, social, or religious gatherings without sufficient physical distancing or inconsistent mask usage. Based on the above, we are making some safety updates.

Effective Monday, July 26, 2021, we reverted to 100% mask-wearing indoors (unless you are working in isolation or more than 6 feet apart from others), even if the entire group is fully vaccinated. Additionally, any food consumed indoors should be at your desk/personal space, outdoors, or in the café where there is more physical distancing. **Please do NOT consume food during PBL tutorials, small meeting rooms or in breakrooms unless you are the only person in the room.** Please do not reconfigure/move tables and chairs in the café. We will reassess this policy monthly.

Effective Monday, August 2, 2021,

- Café seating will be significantly reduced (again). You are encouraged to only take out food and eat it outside or in an individual setting.
- You should maintain a 6 feet physical distance between each person (regardless of vaccination status) when eating or drinking.
- 'Imi Ho'ōla and MD program learners, faculty, and staff should wear surgical masks or KN95s in group learning settings.
- POST-EXPOSURE TESTING: Medical students and clinician faculty will require day 5 post-exposure testing even if you are fully vaccinated (see below)
- TRAVEL: Medical students and clinician faculty will be required to have a negative RT-PCR test within 72 hours prior to arrival in Hawai'i from a domestic (not interisland) or international location AND will also need to test again on day 5 after arrival. This is required regardless of vaccination status and is consistent with the Queen's Health Systems travel policy (see below)

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 Mānoa campus or in a clinical training site.** Per UH guidelines as well as Hawai'i 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. Because many of our 'ohana are health professionals in health care settings and/or who work with highly vulnerable populations, we are adopting a higher safety standard as we have an even higher level of professional responsibility to keep everyone safe. Although the great majority of JABSOM 'Ohana are fully vaccinated (>95% in many offices, labs, or programs), **we ask that everyone follow these 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 PRACTICES IN THE MEB AND BSB

- Please note the [current UH COVID-19 Interim Guidelines](#) allow for 3 feet physical distancing in all indoor educational and office spaces with masks on.
- Effective Monday, July 26, 2021, we will be reverting to 100% mask-wearing indoors (unless you are working in isolation or more than 6 feet apart from others), even if the entire group is fully vaccinated.
- Additionally, any food consumed indoors should be at your desk/personal space, outdoors, or in the café where there is more physical distancing.
 - **Please do NOT consume food with others during PBL tutorials, in small conference rooms or in breakrooms.**
 - **Please do not reconfigure or move tables and chairs in the café.**
 - **If you are eating with others, maintain 6 feet physical distancing.**
- Please adhere to all recommended handwashing, sanitizing your personal work and eating spaces, physical distancing, and mask guidelines, both in and out of the workplace.
- Please note that we continue to monitor the community transmission closely and may further alter the physical spacing inside and outside of our cafeteria.
- Complete daily mandatory self-checking via the LumiSightUH app or web form whenever you come to any UH campus.
- **If you are planning a group event with more than 25 people or with guests who are not JABSOM learners or employees, please contact Dr. Buenconsejo-Lum for help with your COVID-19 risk mitigation plan. Please refer to the [UH Interim COVID-19 guidelines for events, gatherings and activities](#) for more information.**

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. Please note that fully vaccinated people who have become infected with the Delta variant are experiencing very mild symptoms (sniffles, stuffy nose).
- 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

EXPOSURES AND TESTING

Unvaccinated persons with a 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 mask 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](#): If you were wearing required PPE properly (at least surgical mask and eye protection) you would generally not be considered an exposure. Missing any portion of required PPE will likely result in a “high-risk” exposure – which essentially means quarantine for 14 days. An N95 mask is required during aerosol-generating procedures. **Please also note that hospital guidelines are being updated frequently and some locations may require an N95 for all direct patient care.**

Fully vaccinated persons with an exposure

- **Please notify Dr. Buenconsejo-Lum or Omori if you are exposed** (DEFINITION ABOVE)
- 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.
- **Effective July 30, 2021 and consistent with CDC, Queen’s and HPH guidance, fully vaccinated medical students and clinician faculty should get RT-PCR testing on day 5 post-exposure. Medical students should submit their test results to OSA. Clinicians should follow facility protocol.**
- 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.

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 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 vaccination status, 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.
 - **The preferred testing is with an RT-PCR/NAAT test** (i.e., Rapid Diagnostic Test (Abbott ID NOW) or a diagnostic lab-based PCR test. These are available at [Walgreens](#), [City & County of Honolulu Mobile Testing Lab](#), [CVS](#), all hospitals, and

most urgent care clinics. As of July 30, 2021, all testing is free regardless if screening or diagnostics.

- 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.
 - You must remain in isolation until **ALL** of the following criteria have been met:
 - At least 10 days have elapsed from the onset of symptoms (or from the date of a positive test for asymptomatic individuals) AND
 - You have been without a fever (≥ 100.4 F) without the use of any fever reducing medications (i.e. acetaminophen or ibuprofen) for at least 24 hours AND
 - Symptoms (e.g., cough, shortness of breath) are improving
- You should self-monitor for symptoms of COVID-19 illness for a full 14 days after exposure, as should all close contacts.
- The return to work criteria is different for those with severe to critical illness or who are severely immunocompromised (at least 20 days have passed since symptoms first appeared; other criteria the same as above)
- For those who were tested (due to symptoms or exposure) and found to be COVID-negative: Submit your written return to work clearance from your PCP to your immediate supervisor. Medical students, please submit this information to

OSA. The clearance should include all days for which you were absent from work/school.

- For COVID-positive/confirmed: Submit the written clearance for return to work/school that is issued from the Department of Health, your primary care physician, or the UH Mānoa COVID-19 response team to your immediate supervisor. The clearance should include all days for which you were absent from work/school. Medical students should submit their clearance to OSA.

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

- Although COVID-19 is a mandatory reportable condition to the Hawaii State Department of Health, we will always limit the information to those who need to know for human resources purposes, proper safety and cleaning, and determination of need for contact tracing or additional testing.
- Human resources, environmental health services and facilities teams will work with the Department or Program to ensure proper follow-up and cleaning occurs if an employee or student who tests positive was working on-site prior to showing symptoms.
- Supervisors will remind potentially exposed individuals to maintain strict confidentiality of the COVID-positive co-worker.
- Per UH Guidance, JABSOM will send a general notification if there is a positive SARS-CoV-2 case on campus.

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 or proof of full vaccination?

- As of 10/28/20 and continuing on 3/26/21 and 7/8/21, JABSOM is following the State's Safe Travels policy. However, please closely monitor any changes and the advisories from UH and the hospitals.
- If there is no pre-arrival test result or proof of full vaccination in the US at the time of arrival, then the traveler must quarantine (except to get the test) for the entire 10-day period.
- A negative pre-arrival RT-PCR/NAAT test (72 hours prior to arrival in HNL) OR proof of full vaccination in the United States (via the Safe Travels site) means you can go to school (including clinical rotations) or work and must follow all safety precautions (PPE, physical distancing, self-monitoring for symptoms, etc.).
- Effective July 30, 2021, medical students or clinician faculty, regardless of vaccination status, should have BOTH a negative pre-arrival RT-PCR/NAAT test (72 hours prior to arrival in Hawai'i) AND second test on day 5 after arrival. You may come to work or school in a non-clinical setting while waiting for your second test.
 - Medical students: If you have a **clinical rotation** that starts before your second COVID test on day 5 after your return, you may have to delay the start of your rotation until after the second test has resulted negative. For example, if you fly in on a Saturday and your rotation starts on Monday and your clinical site requires a second test on day 5, you may need to delay your rotation start date. ***Policies may vary depending on your clinical site. Please plan your return to Hawai'i accordingly.***
 - Clinicians should follow facility protocols.

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. Almost all clinical sites allow a bypass of quarantine with proof of full vaccination, but the situation remains fluid as COVID-19 cases and hospitalizations are on the rise in mid-July 2021.
 - 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 (or you have proof of full vaccination) 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, use any self-monitoring app per facility requirements, do the temperature screening at the entrance to the facilities (as applicable) and adhere to other screening protocols as they are developed and required by the clinical site.
- **Effective July 30, 2021, medical students and clinician faculty must also complete a second test on day 5 after arrival in Hawai'i. Students should submit their test results to OSA. Clinician faculty should follow facility protocol.**
- **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, or HRP 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 **or full vaccination**, 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
 - **Even if you are fully vaccinated, then the facilities may require a second test on day #5.** Day #5 testing varies by facility, but as of July 30, 2021, is required by Queen's.

- Medical students: If you have a **clinical rotation** that starts before your second COVID test on day 5 after your return, you may have to delay the start of your rotation until after the second test has resulted negative. This will vary by facility.
- 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 or are fully vaccinated, 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.