



## JABSOM COVID-19 Safety Practices, Communication and Return to School/Work Protocol As of March 3, 2022

(updates since January 7, 2022 are highlighted in yellow)

Aloha everyone. On February 25, 2022, CDC updated the factor and metrics that determine [county-level risk](#). Immunity to the SARS-CoV-2 virus has increased due to a combination of high vaccination rates and infection with the virus. The University of Hawai'i as a system, and UH Mānoa, in particular, [have very high vaccination rates](#). All medical students and 'Imi Ho'ōla students are up to date with their vaccinations as are most clinician faculty. On March 6, 2022, the City and County of Honolulu COVID-19 Emergency Order and restrictions will end. On March 25, 2022, many of the State restrictions will cease with the expiration of the Emergency Order. **The indoor mask requirement is a state mandate and will remain in place until at least March 25**, as do state vaccination requirements for public employees and visitors (including students) to State facilities, as well as masking requirements for public places. Given the improving situation, we have made updates below. The quarantine and isolation guidance remains unchanged. Please continue to notify either Dr. Lee Buenconsejo-Lum or Dr. Jill Omori if you test positive. There will be additional updates forthcoming as the University of Hawai'i updates its current policy.

- No physical distancing requirements anywhere: classrooms, offices, meeting rooms, labs, breakrooms, and the café.
- 100% mask-wearing indoors, except when you are actively eating or drinking, regardless of vaccination status.
- FOOD is allowed during tutorials and in the PBL rooms, classrooms, and breakrooms. However, please put on your mask when you are done eating. And please clean up after yourselves.
- Café seating remains at full capacity.
- The café will not be open to the public on the weekends.
- The Health Sciences Library remains closed to the public for the rest of the semester.
- **Visitors, including tours, group events, and those dining in the café:**
  - At least until March 25, all visitors are required to show proof of vaccination or a recent negative test result (PCR test within 7 days, or rapid antigen test result within 3 days). Home tests are not acceptable. Additional updates will be forthcoming from UH.
  - The LumiSight UH self-screening form/questions will not be required as of March 6, 2022.
  - There is a **50**-person limit on tours, outside meetings, or non-curricular JABSOM activities such as student interest groups.
  - Student interest group activities may have up to **50** people and food is allowed. Please wear your mask when not actively eating or drinking. Residents and other guests are allowed, but they must show proof of full vaccination or a negative test result per current State/UH visitor policies.

- Special events coordinated by JABSOM (such as Match Day, Senior Luau, award or honors ceremonies, Commencement, Convocation, White Coat Ceremonies, and UH Foundation activities) are not subject to this 50-person limit as additional transmission mitigation measures will be in place.
- If you are planning a group event with more than 50 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.
- **TRAVEL:** There are no pre-arrival or post-arrival testing requirements UNLESS you are working in a health care facility that has those requirements. The requirements are different for HPH and Queen's, so please be sure to check with the OSA, the specific facility, or your preceptor for those details.
- **POST-EXPOSURE TESTING:** All fully vaccinated persons should have a post-exposure test on day 3-5 (3 if you are rotating at HPH, otherwise day 5 for everyone else). This is consistent with CDC guidance.
- Clinical skills, SimTiki, standardized patients, and anatomy will downgrade to using surgical masks, which will be provided. Eye protection is still required for those activities.
- 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.

## COMMUNICATION PROTOCOL

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. The safety of our entire JABSOM and UH 'ohana, including our own family members and patients that we care for are of utmost importance. We must do our part to minimize exposure to and slow the spread of COVID-19 at JABSOM and in the community. **We ask that everyone follow the guidelines above 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.

### **SYMPTOMS:** Staying at home if you are sick and self-reporting

- **Stay home if you are sick** and seek medical care as needed.
- **If you have any respiratory/throat symptoms,** obtain a COVID-19 test. For this purpose, 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:

<https://health.hawaii.gov/coronavirusdisease2019/what-you-can-do/if-you-become-sick/>

- Please note that fully vaccinated people who have become infected with the Omicron variant are experiencing very mild symptoms (scratchy throat).
- 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 ( $\geq 100.4$  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 unvaccinated and 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 at

least 5 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.
- Students, residents, or clinicians working in hospitals should follow the facility protocols.
- 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 quarantine for at least 5 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 antigen test, including those obtained through the federal program or pharmacies 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.
  - **If you have symptoms and test positive with a rapid antigen home test, you do not need to confirm with a PCR test. You are diagnosed with COVID-19.**
- 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 to determine if anyone in the workplace was potentially exposed to you and will recommend quarantine for those individuals as needed.

- Cooperate with any 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 **5** 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 ( $\geq 100.4$  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 significantly improving
  - You should wear a well-fitted mask at all times at work/school/public and avoid any public transportation or travel on days 6-10. Day 0 is the day of first symptoms or the positive test result.
    - E.g., Symptoms on March 1, positive test result on March 2. Day 0 is March 1. Isolation for days 1-5 (until March 6). On day 6 (March 7), if you meet the criteria above, you may return to work or school but wear a well-fitted mask at all times and do not eat/drink around others.
- 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), stayed home for a short period (i.e., 1-2 days) and found to be COVID-negative:
  - Employees, please consult the current OHR guidelines regarding leave.
  - Students, you do not need a note from your physician, but please notify OSA.
- For COVID-positive/confirmed:
  - Any student, employee or visitor who has been required to stay at home under [these guidelines](#) shall not return to campus until you have completed the isolation

or quarantine period set forth above and you do not have a fever for more than 24 hours without using a fever-reducing medicine, or until you have written clearance by a medical provider. PLEASE DO NOT GET A TEST to determine return to work status.

- Students do not need a written clearance by a medical provider.
- Employees need to follow standard sick leave policies if you were out for five or more consecutive working days. Please see your human resources representative for assistance.

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, 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.
- Unless there is a cluster of cases and contact tracing is not possible, we will not send out campus-wide notifications.

## **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. If the employee/resident/student is up to date with their vaccinations (i.e., received their booster when eligible), they do not need to quarantine at all for exposures in the community/non-health care setting.
  - 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 HCP or employee may be referred for testing (once they have symptoms).

**Question: Given the State's Safe Travels program, am I allowed to return to work if I have a negative pre-arrival test or proof of full vaccination?**

- The State's Safe Travels policy no longer requires a negative pre-arrival test for those who are fully vaccinated. There is also no state-required post-arrival test.
- Safe Travels will expire on March 25, 2022. Beginning March 26, 2022, there will be no COVID-related travel requirements for arriving domestic passengers. Travelers arriving in Hawai'i directly from international airports must still comply with U.S. federal requirements.
- 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 for the entire 5-day period.
- A negative pre-arrival RT-PCR/NAAT test (72 hours prior to arrival in HNL) for unvaccinated individuals 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.).
- Medical students, residents and clinicians working in facilities with travel-related testing requirements **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.
  - 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](https://travel.hawaii.gov)) until March 25, 2022
- **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:

- 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.
- **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, AND do a RT-PCR/NAAT test on day 3-5. Please work with your rotation supervisor/hospital for additional guidance.
    - 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.
  - 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.