



JABSOM COVID-19 Safety Practices, Communication and Return to School/Work Protocol As of September 2, 2022

(updates since August 16, 2022 are highlighted in yellow)

Aloha everyone. The CDC updated its guidance regarding [transmission risks](#), [exposure](#), and [isolation](#) on August 11, 2022. The University of Hawai'i continues to monitor community prevalence and hospital capacity closely. It will implement additional mitigation measures if needed, including a return to more extensive mask and vaccination requirements. 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 have been stricter than the UH policies. However, with sustained "medium" community risk, JABSOM will begin to ease the masking requirements. Except for group instructional and shared laboratory spaces, masking is optional as of September 2, 2022. However, if community prevalence returns to high or we have a high number of learners/employees testing positive (i.e., a potential cluster), JABSOM will reinstitute the 100% indoor mask requirement. **IMPORTANT:** Please respect an individual's personal choice to wear a face mask outdoors and indoors where face masks are no longer required.

The isolation guidance remains unchanged. Please continue to notify either Dr. Lee Buenconsejo-Lum or Dr. Jill Omori if you test positive.

Table of Contents

SUMMARY OF CHANGES	2
DAILY HEALTH SCREENING.....	2
COMPLIANCE WITH VACCINATION REQUIREMENT	2
FACE MASKS AND OTHER PPE.....	2
PHYSICAL DISTANCING OR CAPACITY LIMITS	3
BUILDING/VENUE ACCESS.....	3
FOOD.....	3
VISITORS, INTEREST GROUPS, AND SPECIAL EVENTS	3
TRAVEL	4
POST-EXPOSURE TESTING.....	4
LABORATORIES.....	4
COMMUNICATION PROTOCOL	4
EXPOSURES AND TESTING	5
RETURNING TO WORK AND REQUIRED DOCUMENTATION	7
TRAVEL-RELATED QUESTIONS	8

SUMMARY OF CHANGES

DAILY HEALTH SCREENING

- No daily COVID-19 health screening checks or requirements via the LumiSight UH app for anyone (visitors, students, employees)
- **However, if you are feeling sick, please stay home.**

COMPLIANCE WITH VACCINATION REQUIREMENT

- The UH (and RCUH) COVID-19 Mandatory Vaccination Policies for students and employees were suspended effective Saturday, March 26, 2022.
- For students and employees with vaccine exemptions, weekly testing will no longer be required, effective March 26, 2022.
- Up to Date COVID-19 vaccination is strongly recommended.
- Please note that regardless of future UH COVID-19 vaccine policy decisions, JABSOM will continue 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 an exposure, please wear a KN95 or N95 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.
 - If you are returning to campus after at least 5 days of isolation (per protocol below), you must wear a mask at all times for the remainder of the 10-day period.
 - Clinical skills, SimTiki, standardized patients, and anatomy lab will continue using at least surgical masks, which we will provide. If needed during surge periods, we will provide unfitted N95s or KN95. 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. Additionally, these situations are not actual patient care settings where a fitted N95 may be required. Eye protection remains a requirement for those activities.
 - Students and employees working in clinical sites must continue to follow the site's protocols for PPE. Mask requirements in some clinical facilities may change, so please check with your preceptor, chief resident, or clerkship coordinator if you have any questions.
 - **With the exception of the above, effective 9/2/22: Masks are only required in group instructional and shared laboratory settings.**

- **RECOMMENDED**

- Masking is encouraged indoors when around people in crowded spaces and activities.
- Surgical masks will be made available in classrooms and labs for those who prefer a surgical mask.

PHYSICAL DISTANCING OR CAPACITY LIMITS

- No physical distancing requirements anywhere in the MEB or BSB.
- Café seating is at full capacity.
- Queen's clinical sites continue with capacity restrictions. Please get in touch with your preceptor or chief resident if you have questions.

BUILDING/VENUE ACCESS

- The café will not be open to the public on the weekends.
- The Health Sciences Library is open to the public.
- The MEB opens at 8:00 am on Sundays.

FOOD IN EDUCATIONAL & CONFERENCE ROOM SPACES

- Snacks (and water) that you can pop into your mouth quickly are allowed in small or crowded rooms (i.e., PBL rooms, breakrooms, or small conference rooms).
- Food is allowed in larger spaces (i.e., 314, large conference rooms, and large classrooms), but participants should be spaced out as much as possible while eating. In addition, participants must remain masked unless they are actively eating or drinking.

VISITORS, INTEREST GROUPS, AND SPECIAL EVENTS

- **Visitors**, including vendors, tours, group events, those dining in the café, and interest group participants who are not enrolled UH students or employees:
 - No requirements for LumiSight UH, vaccination, or negative test result.
 - 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 (indoors or outdoors).
 - Food will be allowed indoors only IF the activity is in a 314 or a large classroom (301, 304)
 - Participants should be spaced out as much as possible while eating.
 - Participants are encouraged to wear masks unless they are actively eating or drinking.
 - Food is allowed outdoors.
 - 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.

- Because of the number of visitors and many in high-risk categories for becoming seriously ill with COVID-19, these large indoor events will encourage masks.
- If you are planning a group event with more than 50 people or with guests who are not JABSOM learners or employees, please get in touch with Dr. Buenconsejo-Lum for help with your COVID-19 risk mitigation plan.

TRAVEL (see pages 8-9 for more details)

- 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. Queen's continues to have a trans-pacific post-arrival testing requirement on day five until further notice.
- **We do strongly encourage people to do a home test prior to returning to campus after out-of-state travel, then repeat a test on day 5.**

POST-EXPOSURE TESTING

- All fully vaccinated persons should have a post-exposure test on days 3-5 (3 if you are rotating at HPH; otherwise, day 5 for everyone else). Please check with your preceptor or hospital intranet for the latest guidance.

LABORATORIES

- For those working in the BSB or research areas, more specific safety and reporting guidance may be applicable to you. Please note the shared laboratory spaces are areas where indoor masks remain required, and surgical masks are encouraged over cloth masks. Please contact Dr. Mariana Gerschenson for more information.

COMMUNICATION PROTOCOL

This communication protocol related to COVID-19 further clarifies JABSOM-specific processes. **This protocol applies to all JABSOM employees and learners, including those working on the UH Mānoa campus or at a clinical training site.** The safety of our entire JABSOM and UH 'ohana, including our family members and patients we care for, is of utmost importance. Therefore, we must help minimize exposures and slow the spread of COVID-19 at JABSOM and in the community. **Therefore, we ask that everyone follow the safety measures, illness or symptom response guidelines, notification of potential COVID-19 exposures, and actions regarding positive test results for COVID-19.**

Our JABSOM designated campus officials for this communication protocol 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. In addition, JABSOM clinician faculty should report their status as defined below, even if primarily working at a clinical site.

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 get a test. 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

Definition of exposure

- The [risk of exposure](#) varies depending on the length of time, level of exertion (of the infected person), presence of symptoms, distance, ventilation, and if you and the infected person were both wearing masks. Please see the CDC website for additional information to help you determine your risk of exposure. The more "moderate" or "high risk" situations that apply to you, the more likely you have been "exposed".
 - HOWEVER, if someone notified you that you were in an event / class / workspace with an infected individual, please consider yourself [exposed](#), wear a KN95 or N95 for 10 days if you are coming to JABSOM MEB or BSB, and test on day 5.
- For those with possible [exposure in healthcare settings](#): If you wore 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 and, in certain facilities, for all direct patient care.

EXPOSED (regardless of vaccination status)

- **Please notify Dr. Buenconsejo-Lum or Omori if you are exposed**
- **Are not** required to quarantine if you do not have any symptoms since the current COVID-19 exposure
- Wear a KN95 or N95 mask at JABSOM MEB or BSB. In the clinical areas, follow their protocol (but it will generally require an N95 and eye protection).
- Watch for symptoms of COVID-19 for 10 days following exposure.
- Test at least 5 full days after you last had close contact with someone with COVID-19 (date of the last contact is day 0)
- If you begin to experience symptoms, isolate yourself immediately and get tested. Then, 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 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, you **MUST** stay home and [isolate](#) yourself until you receive the results of your test. **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. Subsequent actions, including whether you can return to campus if your initial test is negative, depends upon your vaccination status, health status, test results, nature of any potential exposure, and other factors.
 - **The preferred testing involves an RT-PCR/NAAT test** (i.e., a 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. Instead, you are diagnosed with COVID-19.
 - Please note that the recent variants’ false negative rate of the antigen tests is high. Therefore, if you have symptoms and test negative, please repeat the test in 48 hours and continue to stay home.
- 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.

- You should notify all of your close contacts in the preceding 48 hours that you tested positive for COVID-19.
- 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 continue to evolve, especially for [healthcare providers \(HCP\) and learners](#) (medical students, residents, and fellows). For JABSOM ohana working in clinical environments, that healthcare facility's requirements may supersede this JABSOM guidance.
- **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.
- The [Hawaii Department of Health](#) and [CDC](#) has 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 moderate or 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 (≥ 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
- On days 6-10,
 - You should always wear a well-fitted mask at work/school/public and not eat or drink around others.
 - Avoid any public transportation or travel on days 6-10.

- You should self-monitor for symptoms of COVID-19 illness for a full 10 days after exposure, as should all close contacts.
- Avoid being around people who are high risk.
- 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 are the same as above)
- For those who tested (due to symptoms or exposure), stayed home for a short period (i.e., 1-2 days) and were 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 required to stay at home under [these guidelines](#) shall not return to campus until you have completed the isolation period set forth above and you do not have a fever for more than 24 hours without using fever-reducing medicine. PLEASE DO NOT GET A TEST to determine return to work status.
 - Students do not need a written clearance by a medical provider.
 - Employees must follow standard sick leave policies if they 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 the need for notifications 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 tested positive was working on-site before showing symptoms.
- Supervisors will remind potentially exposed individuals to maintain strict confidentiality of their COVID-positive co-workers.
- Unless there is a cluster of cases and contact tracing is impossible, we will not send out campus-wide notifications.

TRAVEL-RELATED QUESTIONS

Question: What if my household member has traveled and cannot self-isolate from the employee?

- Individuals should discuss their circumstances 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.

Before trans-pacific travel:

- Medical students, residents, and clinicians working in facilities (i.e., Queen's) 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.
 - Graduate Students, please discuss this 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.
- **Please note that saliva-based tests**, such as those offered by VaultHealth and Costco, **are not acceptable by JABSOM or the hospitals** due to concerns over the quality of sample collection and the sensitivity of the test.
- **We strongly advise that you wear a KN95/KF94 or N95 (not fit tested) 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 forms if required.
- **Although not required for persons not working or learning in a clinical setting, we strongly recommend doing a home test or getting another antigen or PCR test before your return to campus or a clinical rotation. Repeat test on day 5.**
- The traveler and their entire travel party must self-monitor for symptoms of COVID daily for 10 days.
- **DO NOT GO TO school or work if you have any symptoms that could be COVID.**

CLINICAL SETTINGS:

- The returning traveler must follow hospital requirements for daily 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.
 - Queen's:
 - 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, and the rapidly changing issues associated with COVID-19.
 - If the site does not have a policy, then
 - You must self-monitor, wear your proper PPE 100% of the time, 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-positive after travel will require consultation with employee health. The processes vary depending on when you test positive after returning travel.