The University of Hawaiʻi (UH) Human Studies Program and UH research teams are making every effort to reduce the risk of SARS-CoV-2 (COVID-19) exposure and transmission during in-person research through employing the following safety measures during the pandemic:

**Screening and Self-Monitoring**

Research team members will self-monitor 1. symptoms (such as coughing, sneezing, or runny nose, for example), and 2. check their temperature each day before coming to work (as elevated temperatures can indicate infection). If symptoms or elevated or high fever are present, research team members and participants are asked to stay home and take care. Research participants will be screened before engaging in any in-person research activity.

This type of daily symptom and temperature monitoring and screening may play a meaningful role in helping to minimize SARS-CoV-2 (COVID-19) transmission.

\*Possible symptoms of COVID-19 include loss of taste, loss of smell, eye redness or discharge, confusion, dizziness, unexplained muscle aches, loss of appetite, a fever (greater than 100.4° F), chills, cough, sore throat, fatigue, headache, diarrhea, and cold or flu like symptoms. CDC Symptom Guidelines ([Click Here](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)), or visit the CDC page.

An estimated 20 - 70 percent of all infected people never develop any symptoms, suggesting reliance on symptoms alone to indicate infection is inadequate. This necessitates other public health protective measures being in place, also. [[1]](#footnote-1)

**Protective Face Coverings**

Research teams and participants will wear a well-fitted mask (recommend N95 or KN95) during in-person research interactions when inside, or the distance between people is less than six feet. All masks should be well-fitted, which means the mask (UH COVID-19 Guidelines):

* Has a nose wire to crimp down on top of the nose
* Has at least 2 or more layers of washable fabric (for cloth masks)
* Covers both the nose and mouth entirely
* Fits snugly against the sides of the face without gaps

**People at Increased Risk**

Please consider your own level of risk and the risk to those with whom you frequently interact prior to agreeing to participate in this research study. There are people who are at increased risk to COVID-19. [Click here](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html) for CDC information regarding people who are increased risk, or visit the CDC page.

**Current vaccinations and booster shots are strongly recommended.** [Interim UH COVID-19 Guidelines](https://www.hawaii.edu/covid19-guidelines/) or visit the UH webpage.

**Communication protocol for positive and suspected COVID-19 cases**

It is recommended that if you test positive for COVID-19, or suspect exposure, after research interaction, you may inform the P.I. of the study.

1. DOE/Los Alamos National Laboratory. (2022, February 10). Capturing hidden data for asymptomatic COVID-19 cases provides a better pandemic picture: Measuring the disease spread poses a challenge when not all carriers show it. ScienceDaily. Retrieved March 23, 2022 from [www.sciencedaily.com/releases/2022/02/220210154142.htm](http://www.sciencedaily.com/releases/2022/02/220210154142.htm) [↑](#footnote-ref-1)