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. You may wish to refer to the [CDC guidelines regarding symptoms of COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) and [CDC information regarding people who are at increased risk for COVID-19.](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fpeople-at-higher-risk.html)

The University of Hawaiʻi (UH) is making every effort to reduce the risk of SARS-CoV-2 (COVID-19) exposure and have posted interim guidelines online. These guidelines were developed from guidance issued by local, state and federal authorities, and the Centers for Disease Control (CDC), and could change based on developing knowledge. These guidelines include:

**Physical Distancing and Physical Space**:

To help keep the virus from being passed from person to person, people should stay at least 6 feet from others, avoid gathering in groups or crowds, and if using an elevator, use a face covering and limit the number of people in the elevator according to posted signs. The number of people in indoor spaces will be reduced through telework and online classes.

**Mandatory Daily Screening and Self-Monitoring**:

All faculty, trainees, students, personnel, and visitors are required to self-monitor symptoms each day before coming to work and campus. If symptoms are present, faculty, trainees, students, personnel, and visitors are asked to stay home and take care. Research participants will be screened before engaging in any in-person research activity (see guideline document pre-screening checklist).

Symptom and temperature monitoring may help to minimize SARS-CoV-2 (COVID-19) transmission. Possible symptoms of COVID-19 include (within the last 14 days) 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.

The CDC reports that current scientific understanding of this virus has shown that symptoms are not the only way to know someone has COVID-19. People can be infected and transmit the virus to others and have no symptoms at all, or take a long time from when they were infected to having symptoms, or spread the virus a lot right before having any symptoms, and different people can have very different symptoms. This means that we should not rely on symptoms alone to show that someone has the virus or not. The best way to confirm if someone has the virus is with a laboratory test.

**Mandatory Protective Face Coverings**:

All faculty, trainees, students, personnel, and visitors are required to wear a face covering when working in campus buildings, unless working completely alone for a long time. Face coverings are required in research laboratories, corridors, restrooms, offices, common spaces, etc. Participants will also be required to wear face coverings during their in-person research activity.

**Cleaning and Disinfecting Protocols**:

All UH facilities will develop and post a schedule for increased, routine [cleaning and disinfection](https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html), especially for frequently touched shared surfaces.

The University of Hawaiʻi continues to work closely with county and state officials to operate in accordance with government orders, recommendations from the Hawaiʻi Department of Health, and CDC Guidelines.