

# Research Participant COVID-19 Information Sheet

## Introduction

Iowa State University prioritizes the health and safety of research participants and research staff. This document describes measures Iowa State is taking to reduce the risk of COVID-19 exposure and subsequent illness.

	<p><b>Risk of COVID-19 exposure cannot be eliminated.</b> Please carefully consider whether you are comfortable participating, particularly if you or someone in your home is at higher risk of serious illness from COVID-19 (e.g., is an older adult or has underlying health conditions).</p> <p>For information about how COVID-19 spreads and what to expect if you get sick, please review information provided by the <a href="#">Centers for Disease Control</a> (CDC) or <a href="#">Iowa Department of Public Health</a> (IDPH), or consult with your health care provider. Links to the CDC and IDPH are available at the end of this document.</p> <p>Remember, <b>PARTICIPATION IN RESEARCH IS COMPLETELY VOLUNTARY.</b> You may decline or stop participating at any time.</p>
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## Iowa State University Risk Mitigation Steps

### Healthy Research Spaces

Iowa State employees and research staff are expected to self-monitor for symptoms and stay home if they are sick or experiencing COVID-19 symptoms. Research staff may not be involved in face-to-face interactions with research participants if they:

- have current symptoms of COVID-19,
- tested positive within the past 10 days, or
- have been exposed to someone with COVID-19 in the past 14 days, or
- previously had symptoms, until symptoms have improved and 10 days have passed since onset of symptoms, with no fever for 24 hours.
- engaged in activities placing them at high risk of exposure (international travel, attending large gathering, etc.) in the past 14 days.

Research spaces, touch points/surfaces, equipment, and materials are cleaned and disinfected before your visit. Please minimize unnecessary touching of surfaces and equipment, and carefully follow instructions given by researchers.

*Researchers and participants* must wash their hands or use hand sanitizer before interacting. Hand washing/sanitizing may occur frequently during long visits or if there is contact between participants and research staff (e.g., applying sensors, blood draws, etc.).

## Physical Distancing

Keeping space between yourself and others reduces potential exposure. Please follow all instructions provided by the research team regarding arrival times and how to enter and exit the research setting.

To facilitate physical distancing of at least 6 feet, research staff will take the following steps, as appropriate for the study and research space:

- Arrange spaces to support 6-foot physical distancing.
- Stagger arrivals and departure of research participants.
- Minimize the research staff present to those necessary to safely and effectively carry out the study.
- Minimize frequency and duration of physical contact to only that necessary to carry out the research.

## Face Coverings

*Researchers and participants* are REQUIRED to wear face coverings whenever two or more persons are present in the research space. Face coverings will be provided to research participants if they do not have their own.

Iowa State University [policy](#) also requires that face coverings are properly worn when you are:

- inside university buildings, or
- outdoors on university property and physical distancing of at least 6 feet is not possible.

Depending on the study, there may be further precautions you need to follow such as wearing gloves or other protective equipment.

## Research Participant Health

**DO NOT COME TO YOUR RESEARCH VISIT IF YOU FEEL ILL OR HAVE COVID-19 SYMPTOMS.** You may reschedule your visit by contacting the research team using information provided on your informed consent document.

COVID-19 symptoms range from mild to severe, and may appear 2-14 days after exposure to the virus.

Symptoms may include:

- Fever or Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list is provided by the Centers for Disease Control (CDC) and does not include all possible symptoms. The CDC updates symptoms as it learns more about COVID-19.

You will be asked questions about your COVID-19 symptoms or exposure prior to arriving for your visit or before beginning research activities. This information is used only to verify whether it is safe for you to participate. Your responses will not be retained.

You may not attend a face-to-face study visit if you:

- have current symptoms of COVID-19, or
- had COVID-19 symptoms within the past 10 days, or
- tested positive for COVID-19 within the past 10 days, or
- have been exposed to someone with COVID-19 in the past 14 days, or
- engaged in activities placing you at high risk of exposure (international travel, attending large gathering, etc.) in the past 14 days.

## Reporting COVID-19 Illness or Infections

Research participants who are Iowa State employees and students and test positive for COVID-19 within 10 days of the study visit must report this information to the Iowa State Public Health Team using the [Iowa State University Positive COVID-19 Reporting Form for Campus](#). After that form is submitted, an Iowa State case investigator will contact you with instructions for self-isolation and to answer any questions you may have. Contact tracing will be handled in accordance with Iowa State's [established procedures](#).

Reporting and contact tracing for research participants that are NOT affiliated with Iowa State and who test positive will be handled by the appropriate local public health agency.

Note that contact tracing involves follow-up with those who are “close contacts” of an individual who tested positive for COVID-19. Close contact is defined as having been within 6 feet of a positive case for at least 15 consecutive minutes. **Close contact between researchers and research participants is highly unlikely**, as researchers are required to develop risk mitigation plans that minimize close contact (in addition to wearing face coverings, washing hands, etc.).

For current information about COVID-19 in the Iowa State University community, see Iowa State's public dashboard, [COVID-19 Public Health Update](#). This dashboard is updated weekly.

## Research Site COVID-19 Policies (Off-Campus Locations)

If the research takes place at a location that is not affiliated with Iowa State University, researchers will follow the COVID-19 policies and procedures required by Iowa State and those at your site. When policies and procedures differ, researchers will follow the most protective practices.

## Alignment with Local, State, and Federal Guidance

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Iowa State aligns its COVID-19 plans and procedures with the local orders and ordinance of Ames and Story County and guidance from the State of Iowa and Board of Regents. Plans and procedures follow science-based guidance and incorporate recommendations from the Iowa Department of Public Health (IDPH) and the Centers for Disease Control and Prevention (CDC).

The COVID-19 pandemic continues to evolve, as does our knowledge and understanding of the virus and its effects. ISU will continue to update its plans, policies, and procedures as appropriate to the situation at hand. For the most current information, please see [Iowa State University COVID-19 Response](#).

## Resources

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For information about COVID-19 and current federal and state guidance, see the following links:

[Iowa State University COVID-19 Response Information](#)  
[Iowa State University COVID-19 Public Health Data Update](#)  
[Iowa Department of Public Health](#)  
[Centers for Disease Control and Prevention](#)