Montréal, date,

Name of participant

Participant's address

Dear research participants,

We are currently experiencing an unprecedented situation, with the COVID-19 pandemic hitting every region of the world. After Québec’s ministerial emergency health decree was issued on March 13, 2020, research activities that were not deemed essential and indispensable were suspended.

Université de Montréal (UdeM) mandated a committee of experts to review its research practices and to establish guidelines to ensure research activities can be held safely for researchers, students, research employees and participants.

You are being asked or have agreed to participate in a research project for which you have already signed an information and consent form. The document you’re holding provides you with additional information regarding your next expected visit(s), in the current context, as a participant in a research project.

Before you come to UdeM for research purposes, let us inform you of the new health measures that have been put forth to ensure the maximum safety of every participant and research team member. These measures will have to be respected at all times during your visit. They include:

* You and your companion (if you need to come with one) will need to fill out a questionnaire to assess your health status the day before your appointment (the research team will send the questionnaire to you)
* At the beginning of your meeting with the research team, members of the team will go over your health declaration (and, if applicable, your companion’s)

We advise you to repeat the [COVID-19 symptom self-assessment regularly](https://covid19.quebec.ca/surveys/cdd2/introduction?language=fr-ca) within two weeks of your visits. If you then present symptoms compatible with COVID-19, we ask you to follow the instructions of Public Health, indicating that you have participated in a research project of the University of Montreal to make it possible to trace potential contacts.

* If necessary, come accompanied, but by 1 person maximum
* If applicable, the research staff will tell you where to report (which campus, pavilion, door number or room). Staff will also tell you which parking lot to use if you come with your own car. A team member will meet you at the entrance door indicated on the researcher's invitation
* At all times, follow the routes that have been planned for the movement of participants within UdeM’s premises
* Research personnel will comply with the health standards in force according to the potential risk of COVID-19 transmission (they’ll self-examine for COVID-19 symptoms before coming to campus; frequently wash their hands; respect physical distancing measures whenever possible; wear a mask and eye protection, compliance with [respiratory hygiene](https://publications.msss.gouv.qc.ca/msss/fichiers/2019/19-207-01A.pdf) )
* You will be required to wash your hands several times during the visit (at least when you arrive and depart)
* Wear your own mask to enter UdeM’s premises. Upon arriving, we will give you a new procedural mask (and eye protection if applicable) for the duration of your participation.
* **In connection with the work conducted by my research team, we have also planned other, specific measures:**

Describe the specific measures taken by the research team

If you’re [vulnerable](https://www.canada.ca/fr/sante-publique/services/publications/maladies-et-affections/populations-vulnerables-covid-19.html) to the impacts of COVID-19—for example, you’re pregnant, your immune system is weakened (e.g. by a health problem or treatment like chemotherapy) or you suffer from heart disease, hypertension, diabetes, chronic respiratory diseases and/or cancer—you should know and take into consideration the fact that you incur a greater risk of developing complications related to COVID-19 should you become infected.

A complementary list of health conditions to watch can be found in the Appendix.

You are completely free to decide whether or not to continue to participate in this research project or to participate in any new research project that may be proposed to you.

If you refuse to participate, your decision will have no consequences on your relations with UdeM’s research teams or public or governmental health authorities.

If you have any questions, please do not hesitate to contact (name field) of the research team, who will be pleased to answer you.

(email and phone field)

Finally, we would like to take this opportunity to sincerely thank you for participating in UdeM’s research activities.

(field name of the research director)

**Appendix: Factors that may make a person more vulnerable to complications from COVID-19**

* A person who has recently received or is receiving radiation therapy, chemotherapy or a control point inhibitor (immunotherapy) treatment
* A person with non-hematological solid malignancies
* A person with hematological malignancies
* A person who has received a liver transplant under one of the following conditions:
  + The transplant took place less than a year ago
  + A rejection treatment was required in the last 6 months
  + The immunosuppressive regimen was increased in the last 6 months
* A person who’s had a heart, lung, kidney, pancreas, intestine, bowel-liver, intestine-pancreas transplant or some other multivisceral transplant
* A person who has received a hematopoietic stem cell transplant (bone marrow transplant, cord...) under one of the following conditions:
  + The transplant took place less than a year ago
  + The person is receiving an immunosuppressive treatment
  + The person suffers from an active graft-versus-host disease (GVHD)
* A person receiving high doses of corticosteroids in the presence of all of the following conditions:
  + Treatment is administered systemically (oral or intravenous)
  + Treatment is given for a period of 2 weeks or more
  + The dose is higher than 20 mg of prednisone per day, or its equivalent
* A person who has an autoimmune disease and is receiving one of the following treatments:
  + Biological agents that are immunosuppressive or immunomodulating
  + A treatment with azathioprine, mycophenolic acid derivatives, cyclosporine or tacrolimus and other high-dose antimetabolites
* A person with primary immunodeficiency, primarily cellular immunity
* Persons with HIV whose CD4 cell count is less than 200/mm3, or who have clinical manifestations of symptomatic AIDS
* People with aplastic anemia
* People with one or more of the following chronic conditions, if they are "uncontrolled" or "complicated" and therefore are serious enough to require regular medical follow-up or hospital care:
  + Chronic heart or lung conditions
  + Diabetes
  + Liver disorders (including cirrhosis) and kidney disease
  + High blood pressure
* Significant obesity (e.g. Body Mass Index or BMI is 40 or higher)
* A medical condition resulting in a decrease in the evacuation of respiratory secretions or aspiration risks (e.g. cognitive impairment, spinal cord injury, seizure disorder, neuromuscular disorders)

**References**

[COVID-19 : Recommandations intérimaires pour la protection des travailleurs immunosupprimés](https://www.inspq.qc.ca/publications/2914-protection-travailleurs-immonudeprimes-covid19) (INSPQ, 13 juillet 2020)

[COVID-19 : Mesures de prévention en milieux de travail pour les travailleuses enceintes ou qui allaitent en contexte de transmission communautaire](https://www.inspq.qc.ca/publications/2912-mesures-travailleuses-enceintes-allaitent-transmission-communautaire-covid19) (INSPQ, 27 mars 2020)

COVID-19 (SARS-CoV-2) : Recommandations intérimaires pour la protection des travailleurs avec maladies [chroniques](https://www.inspq.qc.ca/sites/default/files/publications/2967_protection_travailleurs_sante_maladies_chroniques.pdf) (INSPQ, 22 avril 2020)

*To apply these recommendations, UdeM replaces the term “worker”, used in INSPQ’s documents, with the word “individual”.*