Montréal, date,

Name of participant

Dear research participants,

The Université de Montréal has reviewed its research practices and established guidelines for conducting safe research for all team members.

You have been asked or have agreed to participate in a research project. This document is to provide you with additional information more specifically regarding the health measures that will be put in place during the next visits planned for the research project.

Before your participation in research activities, please read the health measures planned to minimize the health risks (COVID-19 as the case may be) of participants and members of research teams:

* Perform the self-assessment questionnaire at least 2 hours before your appointment for yourself (and your companion if applicable) (this questionnaire will be sent to you by the research team or is available [online](https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/self-isolation/covid-19-self-assessment-tool)); In case of symptoms, please notify the members of the research team as soon as possible at the following coordinates:

:

* In the context of research conducted on campus, you are asked to arrive ( establishment, campus, pavilion, door number, room, which parking lot to use if you use your own car). A member of the research team will greet you at the designated entrance gate.
* At the beginning of your meeting with the research team, a validation of your health declaration, and that of your companion, if applicable, will be carried out by the staff of the research team.
* You will be invited to perform [hand hygiene](https://www.youtube.com/watch?v=3PmVJQUCm4E) during your visit (at least when you arrive and when you leave)
* Masks are available upon arrival at the research site. You can therefore use a [procedure mask](https://publications.msss.gouv.qc.ca/msss/fichiers/2012/12-207-06A.pdf), if you wish. In addition, you can ask members of the research team to do the same
* The research members will respect the health standards according to the potential risk of transmission (assessment of symptoms before meeting you, [wash their hands](https://www.youtube.com/watch?v=3PmVJQUCm4E), respect physical distancing measures whenever possible, compliance with [respiratory hygiene](https://www.inspq.qc.ca/sites/default/files/covid/formation-sante-au-travail/animations/respiratory-etiquette/story.html), etc.);
* In connection with the work specifically conducted by the research team, the following measures have been implemented:

(Describe the specific measures taken by the research team)

If you wish, the research team can put in place the following additional measures: wearing a procedure mask at all times, distancing 2 meters from everyone, washing your hands frequently, wearing safety glasses or all adequate measures.

If you have any questions, please do not hesitate to contact (name field) of the research team, who will happily 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) GROUPS AT HIGH RISK OF COMPLICATIONS FROM COVID-19 (immunosuppression)

A person who has recently received or is receiving radiotherapy or chemotherapy.

 Liver transplant recipient under one of the following conditions:

• The transplant took place less than a year ago;

• There has been a rejection treatment within the last six months;

• The immunosuppressant regimen has been increased in the last six months;

• The treatment combines two or more immunosuppressants.

 Heart, lung, kidney, pancreas, intestine, intestine-liver, intestine-pancreas and other multi-organ transplant recipients.

 Person transplanted with hematopoietic stem cells (bone marrow transplant, cord, etc.) under one of the following conditions:

• Depending on the type of transplant and the assessment of immune reconstitution by the transplant physician;

• During immunosuppressive treatment;

• Or in the presence of an active graft-versus-host-disease (GVHD).

 Person receiving high doses of corticosteroids, in the presence of all of the following conditions:

• The treatment is administered systemically (oral or intravenously);

• The treatment is administered for a period of two weeks or more;

• The daily dose is higher than 20 mg of prednisone (or its equivalent).

 Person receiving high-intensity immunosuppressive treatment determined by the prescribing physician. As a guide, other factors to consider are: the degree of morbidity conferred by the underlying disease; the presence of a significant comorbidity (e.g. diabetes, obesity) or daily concomitant treatment with prednisone (or its equivalent) at a dose of at least 5 mg.

o Excluding people receiving anti-TNF, anti-IL6 or anti-IL17 when used as monotherapy, as they are not at higher risk of complications related to COVID-19.

 Person with primary immunodeficiency.

 People living with HIV whose CD4 cell count is less than 200/mm3, or who have uncontrolled HIV or clinical manifestations of symptomatic AIDS.

B) GROUPS AT HIGH RISK OF COMPLICATIONS FROM COVID-19 (chronic diseases)

1) People with a chronic disease in Box 1 and who meets a severity criterion in Box 2.

2) People with at least three chronic diseases from Box 1.

3) People aged 60 to 69 with at least two chronic diseases from Box 1.

4) People aged 70 and over, with or without chronic illnesses.

5) Persons with sickle cell disease (includes all genotypes: SS, SC, S-beta-thalassemia and other variants).

Box 1. Chronic diseases identified as a risk factor for complications of COVID-191

 Cardiovascular disease excluding controlled hypertension.

 Chronic respiratory diseases excluding controlled asthma.

 Chronic kidney disease.

 Chronic liver diseases.

 Type 1 or 2 diabetes.

 Obesity from a BMI of 30 kg/m2.

 Medical condition leading to a decrease in the evacuation of respiratory secretions or the risk of aspiration (e.g.: a cognitive disorder, a spinal cord injury, a convulsive disorder, neuromuscular disorders).

 Any medical condition or chronic disease diagnosed and associated with a risk of complications from COVID-19 according to the advice of the attending physician.

C) GROUPS AT HIGH RISK OF COMPLICATIONS FROM COVID-19 (Pregnant women)

Box 2. Severity criteria

Cardiovascular illnesses

 Class II to IV angina according to the Canadian Cardiovascular Society classification.

 Recent myocardial infarction, i.e. within the last three months.

 New York Heart Association stage 3 or 4 heart failure.

 Cyanogenic or congenital cardiomyopathy.

 Hospitalization for recent heart failure, i.e. within the last three months.

 A recent angioplasty or cardiac or vascular surgery, i.e. within the last three months.

 Uncontrolled cardiac arrhythmia (rapid atrial fibrillation, flutter, high grade blocks).

Chronic respiratory diseases

 Severe asthma according to the criteria of the Canadian Thoracic Society.

 Chronic respiratory disease associated with grade 3 or 4 dyspnea according to the modified dyspnea scale of the UK Medical Research Council.

 Unstable chronic respiratory disease (increased dyspnea, decreased exercise tolerance, repeated exacerbation).

 Respiratory function tests showing a severe obstructive or restrictive syndrome (FEV less than 50%).

 Hospitalization or taking oral corticosteroids in the past three months for respiratory disease

exacerbated chronicle.

 Ambulatory oxygen therapy.

Chronic kidney diseases

 Glomerular Filtration Rate (GFR) less than 45.

 Dialysis.

Chronic liver diseases

 Stage 3 or 4 hepatic cirrhosis according to the Child-Pugh score.

Diabetes

 Microvascular or macrovascular complications of type I or II diabetes (eg, neuropathy, nephropathy, retinopathy, etc.).

Obesity

 BMI of 40 kg/m2 or more.

Criteria applicable to all chronic diseases

 Recent complication(s) of a chronic disease listed in Box 1 requiring hospitalization or close medical follow-up within the last three months.

 Opinion of the attending physician of a high risk of complications from COVID-19 related to a chronic disease in Box 1 following a medical assessment.

C) GROUPS AT HIGH RISK OF COMPLICATIONS FROM COVID-19 (Pregnant women)

**Références**

[COVID-19 : Recommandations intérimaires pour la protection des travailleurs immunosupprimés](https://www.inspq.qc.ca/publications/2914-protection-travailleurs-immonudeprimes-covid19) (INSPQ, 6 janvier 2022)

[COVID-19 (SARS-CoV-2) : Recommandations intérimaires pour la protection des travailleurs avec maladies chroniques](https://www.inspq.qc.ca/publications/2967-protection-travailleurs-maladies-chroniques-covid-19) (INSPQ, 23 décembre 2021)

[Travailleuses enceintes ou qui allaitent : mesures de prévention de la COVID-19](https://www.inspq.qc.ca/publications/2920-mesures-travailleuses-enceintes-allaitent-covid19-sommaire) (INSPQ 23 décembre 2021)

[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)

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