

WINTRE-MIX COVID Health and Safety Protocols

The health of project participants and the local communities always takes priority over research goals. Participants are expected to be aware of the below described and linked COVID health and safety protocols and adhere to them at all times. Doing so is important both to keep everyone involved healthy and to minimize the chance of disturbances to WINTRE-MIX research operations.

Government and institutional guidance

Participants are expected to be familiar with and follow all local COVID-related health regulations when in the field, both during and between IOPs. Links to current regulations:

- Canada
 - [Federal](#)
 - [Ontario](#)
 - [Quebec](#)
- USA
 - [Federal](#)
 - [New York](#)
 - [Vermont](#)

Some local rules may require proof of vaccination for certain activities. Digital documents are available from states and provinces to facilitate this:

- [New York](#)
- [Quebec](#)
- [Ontario](#)

Participants are expected to follow their home institution's COVID-related health regulations. Also, when on the property of a participating university, lab, agency, or other institution, participants are expected to follow that institution's applicable COVID-related health regulations. Links to current regulations can be found here:

- [University at Albany](#)
- [University of Colorado](#)
- [University of Wyoming](#)
- [NRC](#) (required password; will work for people at the facility)
- [Ullinois](#)
- [McGill](#)
- [UQAM](#)

COVID restrictions will likely affect travel plans between the US and Canada, and possibly between states and provinces within each country. You should familiarize yourself with the current travel restrictions found here:

- [Canada](#)
- [USA](#)

WINTRE-MIX guidance

The below general guidance is given for WINTRE-MIX participants. In cases where the applicable above-linked guidance is more restrictive, said guidance should be followed.

Masking

- Project PIs should maintain an adequate supply of masks and make them readily available to their research groups at all times.
- Masks should be worn at all times in all indoor settings during WINTRE-MIX with the following exceptions:
 - When alone in a private space (e.g. office) with the door closed
 - When eating or drinking
 - When sharing an indoor space with someone from a “pod” of colleagues (e.g., a roommate that a participant is housed with throughout the project). Note, such pods should be kept as small as feasible to prevent virus spread and project disruption in the event of an infection.
- Masks should be worn in outdoor settings if 2-meter distancing cannot be maintained.
- The types of masks worn should be consistent with official US and/or Canadian public health recommendations. They should fit and be worn properly. CDC guidance on masks can be found [here](#).

Health monitoring, testing, isolation, and quarantine

- Participants should monitor themselves for [potential COVID symptoms](#) daily.
- Participants are encouraged to make strategic use of [at-home rapid antigen tests](#) as an additional element of monitoring, especially in association with travel and after spending time in high-risk environments. PIs are encouraged to make a supply of such tests readily available to their team.
- Participants are expected to follow all applicable local, federal, and institutional rules regarding reporting of test results, testing, isolation, and quarantine.
- All participants will be asked to provide mobile contact information to the PIs in order to facilitate contact tracing.
- Participants with COVID symptoms should refrain from attending in-person project activities. Participants can return to in-person activities if they receive negative results from a COVID test (PCR or antigen).
- Participants receiving a positive COVID test result should refrain from returning to in-person project activities until they receive negative results from a PCR COVID or are 10 days since symptoms first appeared and 24 hours with no fever without the use of fever-reducing medications and other symptoms of COVID-19 are improved. For more details, see local public health guidance (e.g., [CDC](#)).

Vaccination

- Vaccination of all participants, including booster doses, is strongly encouraged as the best way to protect health and minimize disruptions to the field campaign.
- Participants are expected to follow all applicable local, federal, and institutional rules regarding vaccination.

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Violations

- For minor violations of these protocols, such as those that may arise due to misunderstandings, participants are encouraged to constructively correct their colleagues' behavior.
- For major and/or repeated violations, participants should report the violation to project PIs and, if applicable, the relevant supervising organization. **The PIs reserve the right to bar participants from field activities in the case of major and/or repeated violations of the above health and safety protocols.**