

## Important Information about COVID-19 and Research Participation

At the University of California, Riverside (UCR), our main responsibility in research is to ensure participant safety.

COVID-19 (or, the coronavirus) is spreading, and we need to tell you about possible ways your study participation may change. This information relates to research that requires in-person interaction. If you are considering joining or are currently enrolled in a study, you should consider this information.

### How is COVID-19 spread?

The virus spreads mostly between people who are in close contact (within about 6 feet or 2 m). Respiratory droplets are produced when an infected person coughs, sneezes or talks, and these can be inhaled by people who are nearby. It is also possible to get COVID-19 by touching a surface or object (such as a countertop or doorknob) that has the virus on it, then touching your mouth, nose, or eyes. Some studies suggest that COVID-19 can even be spread by people who are not showing any symptoms.

### Can COVID-19 be prevented?

One way to minimize the risk of exposure is “social distancing” (e.g., avoiding large gatherings, refraining from shaking hands). Other ways include wearing a mask when around people, washing your hands often, and using an alcohol-based hand sanitizer. Preventive measures can help but study participation might increase your risk if it involves travel or contact with others.

### What are the risks of COVID-19?

For most people, coronavirus causes only mild problems, such as fever, cough, shortness of breath, or [other symptoms](#). For others, especially older adults and people with existing health problems, it can cause more serious illnesses, such as pneumonia. The information we have now suggests that about 3 out of 100 people who are infected may die from the virus.

### Who is most at risk?

People over the age of 60 and those with conditions such as obesity, cancer, diabetes and lung disease have the highest rates of severe disease and chances of death from infection.

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## How could your participation in this research change because of COVID-19?

There are several ways we try to minimize your risk. We limit the number of times each participant visits a research site. Prior to their visits, we ask research participants if they have COVID-19 symptoms and if they have recently been in contact with anyone who has or had COVID-19. During your research visits, we try to reduce the time you are exposed to other people and ask you to wear a mask. One will be provided if you didn't bring one. If you are suspected to be infected with COVID-19, there may be last minute changes to research procedures (such as a change from an in-person visit to a telephone call). It is even possible that your research procedures will be put on hold or stopped because of COVID-19.

Information and understanding related to the risks of COVID-19 change very often. Leaders at UCR are monitoring these risks and deciding how to change our research to reduce risk and spread of the virus. If you have questions about COVID-19 or your research participation, please talk to your study team. Your safety is our biggest concern.

## Resources

CDC COVID-19 website: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

CDC Resource How to Protect Yourself and Others:  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

State of California COVID-19 website: <https://covid19.ca.gov/>

California Statewide COVID-19 Hotline Information:

- Call 833-422-4255 (833-4CA-ALL) for general information about state COVID-19 resources. Available Monday-Friday from 8am-8pm PDT, and Saturday and Sunday from 8am-5pm PDT.
- Call 211 for community services and support. Available 24 hours a day.

California COVID-19 Get Tested Information: <https://covid19.ca.gov/get-tested/#testing-site-search>

Riverside County Public Health COVID-19 website: <https://rivcoph.org/coronavirus>

UCR Campus COVID-19 website: <https://ehs.ucr.edu/coronavirus>

CDC Resource on Stress & Coping: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html>