



COVID-19 GUIDANCE FOR SELF-MONITORING OF STAFF

This guidance is intended to help staff understand how they should self-monitor themselves to help identify illness early and self-isolate at home to reduce the potential transmission to those you care for. All staff should adhere to the following recommendations because all healthcare workers are at risk for unrecognized exposures.

1. If you have tested positive for COVID-19 or have suspicion that you may have COVID-19 because you have symptoms, please stay home.
 - You MUST stay home if you have tested positive for COVID-19
 - You MUST stay home if you have a new fever (temperature greater than or equal to 100°F) or symptoms of COVID-19 (cough or shortness of breath or sore throat). Immediately notify your supervisor.
 - If your symptoms are severe enough that you feel you need to see a doctor, but it is not an emergency, alert your doctor that you are healthcare personnel (HCP) who may have been exposed to a person with COVID-19. If it is an emergency and you call 911, alert the operator that you may have been exposed to a person with COVID-19.

2. Self-monitor for a fever by taking your temperature twice a day and for symptoms of COVID-19 (fever, cough, shortness of breath, sore throat) if you have suspicion that you may have COVID-19 because you have symptoms or if you have tested positive for COVID-19.
 - Fever checks should be at least 8 hours apart with one check immediately before you begin work.

3. Self-monitor yourself using the guidance from #1 or #2 (as applicable) if you had close contact with someone who has tested positive for COVID-19 at a community setting (e.g. funeral, family gathering, etc.) or if you have had contact with someone else who has had close contact with someone who has tested positive for COVID-19 (i.e. you have contact with a family member/friend who has not tested positive for COVID-19, but that person has had close contact with someone else who had a positive test for COVID-19).
 - So as long as you are not showing symptoms of COVID-19 you can work.
 - If you develop symptoms while self-monitoring, follow the guidance in #1 and #2 above.

4. If symptoms develop while at work you should immediately leave the patient care area, self-isolate, and notify your supervisor. Consider calling the COVID-19 HOTLINE 1-888-535-6136 to see if you qualify for screening .

5. If you feel overwhelmed and need support, you can contact the SAMHSA Disaster Distress Hotline at (800) 985-5990.