Healthcare Worker
You Were Exposed to COVID-19. Now What?

Davis COUNTY HEALTH DEPARTMENT

How is COVID-19 spread?

- COVID-19 spreads easily from person to person
- The main way the virus that causes COVID-19 spreads is through droplets
- Usually, the virus enters through openings on your face (eyes, nose, mouth)

How was I exposed to COVID-19?

You may have been exposed to COVID-19 through:

- Co-workers, patients, or residents at work
- Family or friends
- Others, such as in public
- A surface, such as a door knob, or countertop, that has the virus on it
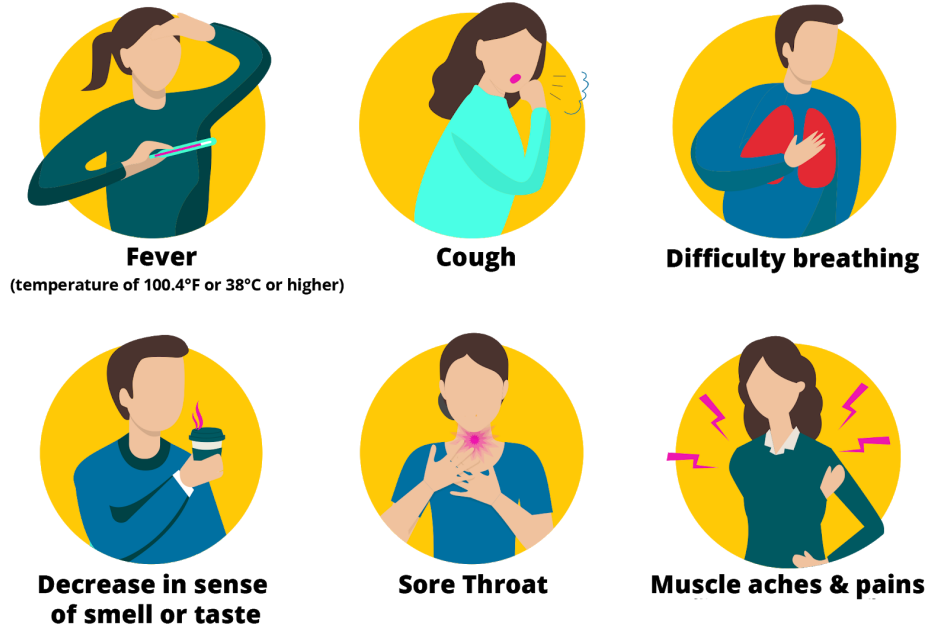
When can a person spread COVID-19?

- A person can spread COVID-19 up to 48 hours before showing any symptoms, or being sick
- You may have been exposed to COVID-19 from someone even if he/she was not sick
- The only way to know, for sure, if a person has COVID-19 is by getting a COVID-19 test

You may have been exposed to the virus if you came in close contact with someone who has COVID-19. This means you could be at risk of getting it, too. Being closer than 6 feet to a person for 15 minutes or longer in a 24-hour period counts as close contact.

6 Feet

For 15 Minutes

What are the symptoms of COVID-19?

Some common symptoms of COVID-19 include:

Fever
(temperature of 100.4°F or 38°C or higher)

Cough

Difficulty breathing

Decrease in sense of smell or taste

Sore Throat

Muscle aches & pains

Other common COVID-19 symptoms include: congestion or runny nose, nausea or vomiting, diarrhea, fatigue, and headache.

What should I do if I have COVID-19 symptoms?

If you have any symptoms of COVID-19, stay home. Symptoms can range from mild to severe. Some people have very mild or no symptoms, but can still spread the virus to others. Some symptoms require medical care and sometimes hospitalization. If you are having difficulty breathing, or have a temperature above 100.4°F or 38°C, you should contact your doctor.

There are many illnesses that have these same or similar symptoms. **The only way to know for sure if you have been infected with COVID-19, is to get tested for it.** Other illnesses like colds, flu, and seasonal allergies have many of the same symptoms.

What is quarantine?

Quarantine is a way to separate a person who may have been exposed to a contagious disease from those who have not been exposed. This helps to slow the spread of the virus. Those who are quarantined should stay home from school, social gatherings, and other group settings (e.g., parties, movie theaters, shopping centers, restaurants, etc.).

Do I need to quarantine?

Yes, you should quarantine because your exposure puts you and others at increased risk for getting COVID-19. The Centers for Disease Control and Prevention (CDC) recommends that all individuals with a close contact exposure stay home for 14 days and stay at least 6 feet away from others. Always wear a mask when around others. Even if you do not have symptoms, you can still spread the virus.

Can I go to work while I am quarantined?

Healthcare workers who **test positive for COVID-19 or have any symptoms should NOT go to work**. They may work from home.

A critical healthcare worker, who has been exposed to COVID-19, **and does not have symptoms**, may work, **if approved by their employer**.

- Follow all safety precautions to prevent the spread of COVID-19 while at work
- After work, go straight home and quarantine at home
- You may not go to the store, to a friend's house, or have visitors
- Distance yourself from other people in your home
- If you develop symptoms for COVID-19, you should get tested and isolate yourself from others

> **!** Essential employees who have had an exposure to someone who tested positive (worksite or personal life) to COVID-19, but who do not have symptoms, may work if it is needed. Employees can work as long as they don't have symptoms and follow safety precautions to prevent spread of COVID-19.

What should I do while quarantined?

While you are quarantined, you should check your symptoms daily. Take your temperature in the morning and evening (about 12 hours apart) every day and record it. Recording your temperatures will make it easier to report to your work or medical provider.

Before you take your temperature:

Wait 30 minutes after eating, drinking, exercising, or taking a shower or bath.

Wait at least 6 hours after taking medicines that can lower your temperature, like: Acetaminophen (Tylenol), Ibuprofen (Advil, Motrin), Aspirin.

What if I forget to take my temperature?

If you forget to take your temperature, take it as soon as you remember and record it.

Why is it important to self-monitor for symptoms?

Self-monitoring, or watching for any changes, can help you and public health officials to identify if medical care and/or testing is needed. Monitoring yourself for symptoms can also help public health officials know if others that you have been in contact with or live with are at risk of getting COVID-19, too. Contact the Davis County Health Department at 801-525-5200 if you would like more information.

What if I don't feel sick or have any symptoms?

Even if you do not experience any symptoms, you should practice strict physical distancing by staying home and staying at least six feet away from other people in your household, when possible. Don't have visitors. If you are unable to have groceries or food delivered to your home and do not have symptoms, go during off hours to avoid larger crowds and always wear a mask. Quarantine for a full 14 days. It is important to do this because symptoms could develop at any time during your 14-day quarantine.

How can I prevent spreading COVID-19 to others?

The best ways to prevent COVID-19 are:

- **Physical distance.** Stay at least 6 feet away from other people, whenever possible. You cannot tell who has COVID-19.
- **Wear a mask.** Droplets with the virus are less likely to spread when your mouth and nose are covered.
- **Wash your hands often.** Soap and water destroy the cell membranes of viruses and kill them. When washing your hands, rub them together for at least 20 seconds. If you can't wash, use a sanitizer with at least 70% alcohol.
- **Stay home if you are sick.** If you're sick, stay home and rest. Cover your coughs and sneezes with a tissue or your sleeve. Clean frequently touched surfaces and objects.

How soon should I get tested after I have been exposed?

It all depends on if you currently have symptoms:

>>**Yes, I have symptoms now.** You have one or more of the following symptoms: fever, cough, shortness of breath, muscle aches and pains, decreased sense of smell or taste, or sore throat. Get tested as soon as possible. Find a testing location near you at and **be sure to make an appoitment:** coronavirus.utah.gov/utah-covid-19-testing-locations/

>> **No, I do not have symptoms, but I know I have been exposed to someone who is a confirmed COVID-19 case.** Do not get tested yet. You should wait 5-7 days from your last exposure to be able to get accurate results. If you test too soon, the test results may be inaccurate. If you develop symptoms sooner than the 5-7 days, go get tested.
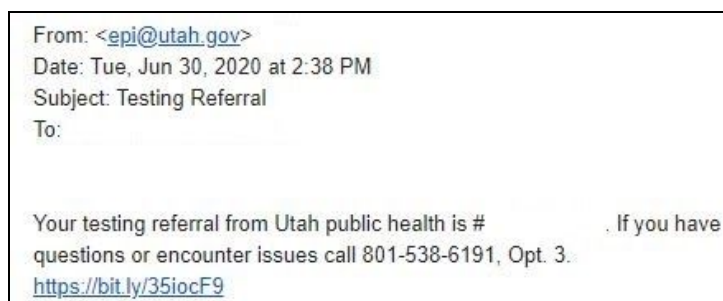
I received a referral code from the health department. What do I do with it?

If requested, a referral code is sent to you via text or email. The link in the message will help you find a testing location near you. Present this code when you go to get tested for COVID-19.

Example text:
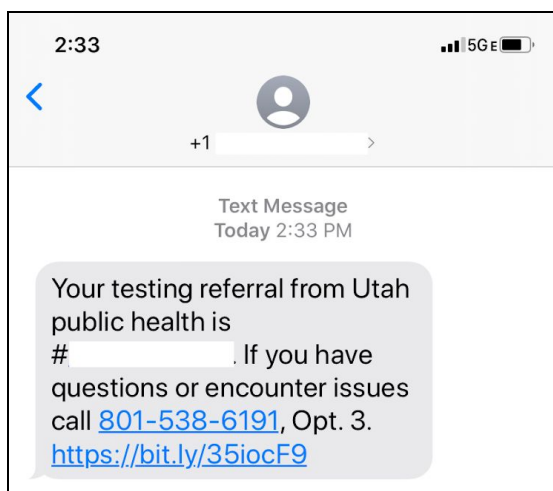
Example e-mail:

Why do I need a referral code?

A referral code is like a ticket to getting tested for COVID-19. Because the health department already confirmed you have been a close contact to a positive COVID-19 case. You should not need any other documentation other than the referral code to get tested. The code should also allow you to get tested even if you do not have symptoms within 5-7 days after being exposed. Have the referral code ready when going to your testing appointment. **Most COVID-19 test sites require an appointment. Schedule a time online using the test site's webpage or test site phone number.**

What if I get a negative test result?

If you get a negative test result, you must continue to quarantine for the <u>full</u> 14 day quarantine period. It is important to do this because symptoms could develop at any time during your 14-day quarantine.

ESSENTIAL EMPLOYEE PROTECTION

Employees with jobs that are critical or provide essential services may be able to continue working after an exposure to the virus that causes COVID-19. This could include: healthcare workers, grocery store workers, truckers, utility workers, first responders, and law enforcement.

- It is always better if those who were exposed to COVID-19 and those who test positive for COVID-19 stay home, when possible
- Employees who do essential work must follow isolation orders when they test positive for COVID-19
- Employees who were exposed to COVID-19, but have not developed symptoms or tested positive for COVID-19 may continue to work
- Employers in these businesses should make a plan to keep their business going if employees get sick and must be off work

How do I protect others if I have to work after being exposed to COVID-19?

- Take your temperature daily before going to work
- Wash and sanitize your hands often
- Wear a surgical face mask at all times
- Monitor yourself closely for any new symptoms (i.e., fever, chills, cough, etc.)
- Stay 6 feet away from other people and practice physical distancing as much as possible in the workplace
- Stagger breaks with others and do not share food or utensils,
- Sanitize common break areas after each use,
- If you need to provide direct patient care during your 14-day-quarantine, you should:
    - Not see high-risk patients (e.g., elderly and immunocompromised persons and those with comorbidities)

What should I do if I start to develop COVID-19 symptoms at home or at work?

If you are at home and develop symptoms, stay at home and notify your supervisor, especially if you develop respiratory symptoms (changes in breathing) OR have a body temperature above 100.4°F or 38°C.

If you are at work, and develop symptoms, you should notify your supervisor and make arrangements to go home as soon as possible.

What if I need to work, but my family or household member has COVID-19?

If a family or household member has COVID-19 and you are still going to work, it is best to stay in a different living space, if possible. If you are staying in the same household:

- Stay in your own room or living space, such as the basement
- Use a different bathroom in the home; if there is only one bathroom, sanitize it after every use
- If you must speak to others, stay 6 feet away, wear a mask, and make it short
- Get tested 5 to 7 days after the exposure or when you start to have symptoms; call your healthcare provider or testing site before showing up

What precautions should employers follow if an exposed employee continues to work?

- Clean and disinfect all areas such as offices, bathrooms, break areas, common areas, and shared electronic equipment often; employees who have had a close contact exposure should not share headsets or other objects that may be used by their mouth or nose
- Work with maintenance staff to improve ventilation by increasing air exchanges in rooms
- Close common areas like breakrooms where employees are likely to be in groups

Additional information can be found in the Utah COVID-19 Business Manual at coronavirus.utah.gov.

What factors increase the risk of exposure?

These are things we know increase the risk of exposure to COVID-19:

Proximity. This means how close someone was to the person who has COVID-19. The closer you are, the more chance there is for exposure.

Duration of exposure. This means how long you were around the person who has COVID-19. The more time you spend with a person who is infectious, the more chance there is for exposure, even including multiple brief encounters.

Symptoms. People are most infectious and can spread the virus to others more easily around the time their symptoms begin.

Respiratory aerosols. If the person who has COVID-19 is coughing, singing, shouting, or doing other things that make it easier for respiratory droplets to spread, the chance of exposure increases.

Environmental factors. Things like crowded spaces, poor ventilation, and if the exposure occurred indoors can increase the chance of exposure.

For more information on COVID-19, visit:

daviscountyutah.gov/coronavirus
coronavirusutah.gov
cdc.gov/COVID19

Utah Novel Coronavirus Temperature and Symptom Monitoring Form

Name:		Age (yrs):	Sex: M F
Street address:		City/state:	
Telephone number:		Case ID:	
Where did travel and/or contact with an ill person occur:			
Date of last exposure (travel and/or contact to an ill person):			
Date monitoring is completed:			

Instructions: Take your temperature orally (by mouth) twice daily, once in the morning and once in the evening, and record it on this form. If you do not have a thermometer, document whether or not you felt feverish (e.g., chills, intermittent sweats, flushing or hot skin). Mark yes (Y) or no (N) whether or not you are experiencing symptoms. Do not leave any spaces blank. If you have a fever or any symptoms listed, call your healthcare provider, Davis County Health Department at 801-525-5220, or the Utah Department of Health at 1-888-EPI-UTAH (374-8824).

Day # (from last exposure)	1		2		3		4		5		6		7	
Date														
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Temperature														
Felt feverish	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Cough	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Shortness of breath	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N

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Day # (from last exposure)	8		9		10		11		12		13		14	
Date														
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Temperature														
Felt feverish	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Cough	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Shortness of breath	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N