

## Coronavirus (COVID-19) Self-Monitoring Information (rev 07.24.2020)

For Students Who Do Not Have Symptoms

### Guidance for persons being monitored for coronavirus

This guidance is to help you closely monitor your health because you have potentially been exposed to coronavirus. This does NOT mean that you will get sick with coronavirus. It is very important for you to monitor your health so that you can be taken care of and treated quickly if you do get sick.

### What are the signs and symptoms of coronavirus?

The most common symptoms of coronavirus are fever and cough. Some people also report difficulty breathing, more rarely sore throat, muscle aches and fatigue, loss of taste or smell, headaches, congestion and runny nose and abdominal discomfort.

### Practice protective and careful measures during this time period:

- Stay at home
- Avoid contact with others and try to isolate yourself
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.
- Clean your hands often using soap and water, or a hand sanitizer that is 60%-95% alcohol.

### Instructions for monitoring your temperature and symptoms:

1. Use the Symptom Monitoring Form to record your temperature and possible symptoms twice a day.
2. Take your temperature orally (by mouth) with a digital thermometer 2 times a day: once in the morning and once in the evening.
3. Write down your temperature on the form twice a day, every day.
4. If you forget to take your temperature, take it as soon as you remember.
5. Mark if you have any of the symptoms of novel coronavirus listed on the form.

### What should I do if I become ill during this monitoring period?

- Contact Student Health (SH) if you develop symptoms. At this point, you will receive instructions for testing and return to rotation/class criteria and a copy of the self-monitoring form for symptomatic persons will be provided (it is also available online). Both forms will need to be completed and sent to Student Health.
- **\*\*Asymptomatic students who had an exposure** and have been self-monitoring at home, will be cleared to return to rotation/class either based on the testing result (testing on 10th day following the exposure) or based on the time since the date of exposure (**14 day quarantine period**). If testing is needed and the 10<sup>th</sup> day falls on a Saturday or Sunday, the student will be tested on the Friday prior.
- **\*\*Asymptomatic students who tested positive** and who are not severely immunocompromised and have been self-monitoring at home, will be cleared to return to rotation/class **10 days** after the date of their first positive test.
- Student Health will attempt to clear Students within one business day of receipt of the Students' self-monitoring form and test results (from SH), but supervisors should not schedule Students for rotation/class unless they have already been cleared in writing by SH.
- If testing is done, negative test results will not be communicated over the weekend. Students will receive a call from Student Health on Monday or on the next business day in which the results are made available for reporting. Return to rotation/class clearances will not be issued on the weekend and no student should return to rotation/class without first being cleared in writing by SH.
- Supervisors should not schedule Students for rotation/class unless they have already been cleared to return to rotation/class from SH.

If you feel your symptoms are at EMERGENCY LEVELS i.e., shortness of breath, fever over 102°F, chest pain that cannot wait until the morning, call 911 and explain that you are being monitored for potential exposure to coronavirus and need emergency medical care.

Student/Resident Name: \_\_\_\_\_

Student/Resident Email: \_\_\_\_\_

# Symptom Monitoring Form

Please note the date and time of record. Take your temperature twice a day, in the morning and in the evening, and write it down. Mark if you have any of the symptoms: circle 'Y' for Yes and 'N' for No. Don't leave any spaces blank. You will complete this form daily until you are cleared to return to rotation/class by Student Health. Please send this completed form to Student Health. This form must be returned for clearance to return to rotation/class.

DATE	TIME	Temperature	Chills	Cough	Shortness of Breath	Fatigue or aches	Other symptoms (describe)
	AM		Y N	Y N	Y N	Y N	
	PM		Y N	Y N	Y N	Y N	
	AM		Y N	Y N	Y N	Y N	
	PM		Y N	Y N	Y N	Y N	
	AM		Y N	Y N	Y N	Y N	
	PM		Y N	Y N	Y N	Y N	
	AM		Y N	Y N	Y N	Y N	
	PM		Y N	Y N	Y N	Y N	
	AM		Y N	Y N	Y N	Y N	
	PM		Y N	Y N	Y N	Y N	
	AM		Y N	Y N	Y N	Y N	
	PM		Y N	Y N	Y N	Y N	
	AM		Y N	Y N	Y N	Y N	
	PM		Y N	Y N	Y N	Y N	
	AM		Y N	Y N	Y N	Y N	
	PM		Y N	Y N	Y N	Y N	
	AM		Y N	Y N	Y N	Y N	
	PM		Y N	Y N	Y N	Y N	
	AM		Y N	Y N	Y N	Y N	
	PM		Y N	Y N	Y N	Y N	
	AM		Y N	Y N	Y N	Y N	
	PM		Y N	Y N	Y N	Y N	

This form is being provided to you out of an abundance of caution to use to protect yourself while at home.