

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

For Employees Who Have Symptoms

Guidance for persons being monitored for symptoms of COVID-19 (confirmed or suspected)

This guidance is to help you closely monitor your health. You will monitor your symptoms twice daily for changes during the time you are self-isolated. You need to contact your primary care physician if your symptoms change or get worse. Return to work clearance will be issued by Occupational Health. You will need to send a copy of this home monitoring form to occhealth@evms.edu. Upon release back to work, you will need to wear a mask per EVMS policy.

- Employees with mild to moderate symptoms who test positive for COVID-19 will be isolated until 10 days from the start of symptoms and at least 24 hours since last fever (without use of Tylenol) and symptoms (cough, shortness of breath) have improved.
- Employees with severe or critical illness OR who are severely immunocompromised who test positive for COVID-19 will be isolated until 20 days from the start of symptoms and at least 24 hours since the last fever (without use of Tylenol) and symptoms (cough, shortness of breath) have improved
- Employees who are symptomatic and initially test negative with known/confirmed exposure to a COVID-19 positive person may be re-tested. If the second test is negative, a decision to return to work will be made based on another suspected diagnosis.
- Employees who test negative without known/confirmed exposure to a COVID-19 positive person will be isolated until at least 24 hours since recovery (resolution of fever without Tylenol and improvement in symptoms (cough, shortness of breath)).

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:

- You should avoid contact with others and try to isolate yourself to keep the risk of secondary transmission at its lowest.
- Avoid shared spaces with those living in your house. If you share common living spaces, please disinfect areas to prevent spread.
- 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.
- Wear a face mask when around other people.

Instructions for monitoring your temperature and symptoms:

1. Take and record your temperature orally (by mouth) with a digital thermometer 2 times a day:
 - Once in the morning, once in the evening (if you forget, take as soon as you remember)
 - Before you take your temperature:
 - Wait for 30 min after eating, drinking, or exercising
 - Wait at least 6 hours after taking medication that can lower your temperature (Tylenol)
2. Mark if you have any of the symptoms of COVID-19 listed on the form.

If you feel your symptoms are at EMERGENCY LEVELS i.e., shortness of breath, fever over 102°F, chest pain etc., 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.

Employee Name: _____

Employee 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 work by Occupational Health. Please send this completed form to occhealth@evms.edu. This form must be returned for clearance to work.

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	

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