

Monitoring Yourself for Infection Symptoms Frequently Asked Questions (FAQs) for Healthcare Workers

Q1: Who needs to self-monitor for Novel Coronavirus (COVID-19)?

- COVID-19 is now widespread in our community and healthcare workers can acquire the virus from the community as well as within the healthcare setting.
- All staff and healthcare workers will be screened at entry to UCI Irvine Health premises for temperature check and query about cold and flu-like symptoms.
- In addition, all staff and healthcare workers should be self-monitoring for signs and symptoms of transmissible infections, including COVID-19.
- If you have known contact with a confirmed COVID-19 person, healthcare workers should be attentive to signs and symptoms of COVID-19 infection (see below) and remove yourself from work at the earliest opportunity.

Q2: What COVID-19 symptoms should I be monitoring myself for?

Monitor yourself throughout the workday. The following symptoms are the most commonly reported:

- Fever
- New cough
- New shortness of breath

However, the following symptoms may also be present early in the disease before lower respiratory symptoms develop:

- Muscle aches
- Unexpected fatigue
- Other less commonly reported symptoms include: sore throat, headache, diarrhea and nausea which often seem to occur before fever and lower respiratory symptoms
- Anosmia (loss of smell) and loss of taste have also been identified as symptoms

Q3: Can you give COVID-19 to others when you don't have any symptoms yet?

Some people can have COVID-19 virus in their body without symptoms of illness. This has been estimated to occur in about 6.5% of adults, but is likely much higher in children. COVID-19 can also be found in high numbers in long-term care settings where residents are often non-verbal and cannot answer questions about whether headache, muscle aches, or fatigue is occurring. Many of these "asymptomatic" patients are in their "incubation period" and will later go on to develop symptoms. This is also true for other viruses including the common cold and flu. People with symptoms are far more likely to spread COVID-19 compared with asymptomatic individuals. This virus spreads in the same way that the flu and common cold spreads. If mucous from an infected person's nose or mouth gets into your eyes, nose or mouth you could get sick with COVID-19. This can occur when:

- a sick person coughs or sneezes within 3-6 feet of you and the droplets land on your eyes, nose or mouth

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- your hands come into contact with secretions from an infected person and then you touch your eyes, nose or mouth with unclean hands
- you come into direct contact with the mucous of a sick person through close activity such as kissing or sharing eating utensils or cups

Someone without symptoms will not be coughing or sneezing; the only way to share oral/nasal secretions person to person is through direct contact (e.g. very close contact, such as kissing), strong vocal projection (singing, shouting), or indirect contact by touching shared surfaces contaminated with saliva or nasal secretions.

Sharing utensils/ cups, touching contaminated surfaces and then touching our eyes, nose or mouth with unclean hands can transmit the virus.

- Continuing to frequently clean our hands and keeping our hands away from our eyes, nose or mouth is essential to prevent the spread of COVID-19.

There is evidence that asymptomatic people are not the main way COVID-19 has spread throughout the world.

- In a large surveillance study of 70,000+ patients in China, asymptomatic carriers were rare.
- In another study in Singapore, close contact tracing early in the pandemic showed 6.4% of identified cases were from contact with asymptomatic carriers. For example, one case was exposed by sitting in the same church pew several hours after an asymptomatic carrier sat in the same spot.

Wei et al. MMWR <https://www.cdc.gov/mmwr/volumes/69/wr/mm6914e1.html>

Q4: What should I do if I develop COVID-19 symptoms?

If you are home when symptoms appear, you should:

- Stay home and call your supervisor to report symptoms and arrange coverage.
- Call **UCI Occupational Health** (8:00 am – 5:00 pm, or on the next business day) at 1-714-456-8300 for evaluation and possible arrangement of testing.
- If after hours or on weekends, call the hospital operator who will direct you to the COVID nurse triage line.

If you are at work when you start to notice symptoms:

- Remain masked. Even if you do not have droplet-producing symptoms such as cough or sneezing, you need a mask to avoid spreading the virus to coworkers or to the environment through your hands.
- Notify your supervisor
- Contact Occupational Health to discuss your symptoms; they will determine if it is necessary to remove you from work and discuss next steps, such as testing.

Q5: I'm not sick, but I've been exposed to COVID-19—what should I do?

Access the [COVID-19 SharePoint](#) site and review *FAQ - Concerns About Exposure* document.

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UCI Staff: MONITORING LOG for Coronavirus Disease (COVID-19)

All employees must monitor themselves carefully for COVID-19 given that there is community spread of this virus and you can become ill at any time. This is even more important if you had a breach in your PPE while caring for a COVID-19 patient or had known close contact with a family member, friend, or coworker confirmed to have COVID-19. Use the below monitoring log for 14 days from exposure.

Name of Employee:	Contact Number: ()
Department:	Supervisor:
Nature of Exposure Requiring Monitoring	
<input type="checkbox"/>	Date of Exposure: _____
<input type="checkbox"/>	List nature of exposure: _____
Name of person you were exposed to:	
Your relationship to them:	

NOTE: If temperature is ≥ 99 F or above (or subjective fever), or you develop any of the symptoms listed above, **immediately call Occupational Health at 714-456-8300** (If after hours or weekend, stay home and call the hospital operator for the COVID Nurse Triage Line).

Day	AM			PM		
	Date & Time	Temperature	List Any Symptoms	Date & Time	Temperature	List Any Symptoms
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						

