

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

