

FAQ for SHS Employees Who Are Asymptomatic During a COVID-19 Epidemic

I visited a geographic area with widespread or sustained community transmission of novel coronavirus (COVID-19) in the last 14 days. What should I do?

- Employees who have recently traveled (within last 14 days) internationally to a country identified by the CDC as having widespread or sustained community transmission of novel coronavirus (COVID-19) are considered high risk for development of the disease (CDC Level 3 Travel Health Notice). Reference the CDC web site for the most current listing.
- Employees are excluded from work in all SHS locations for 14 days from the time they left the country with the Level 3 Travel Health Notice. You may return to work after being cleared by Employee Health.

My household member was recently confirmed with COVID-19. I am scheduled to work but have no symptoms. What should I do?

- Notify your Manager and Employee Health immediately.
- If possible, self-isolate from the household member.
- Be excluded from work for 14 days from last exposure as determined by Employee Health.

My household member (Person A) is asymptomatic and was told by an authority to self-isolate because of an exposure to a COVID confirmed person (Person B). I have not been exposed to the COVID confirmed person (Person B) but live with the household member (Person A). Am I excluded from work?

- As long as your household member (Person A) is asymptomatic then you can continue to work. You should continue daily self-monitoring*.

My household member has a cough and fever but has not been diagnosed with COVID-19. Am I excluded from work?

- No. You should continue daily self-monitoring*.

I have had recent contact with a person, with no symptoms, who has visited a geographic area with widespread or sustained community transmission of novel coronavirus (COVID-19) in the last 14 days. Am I excluded from work?

- With no confirmed exposure to the disease, employees should continue daily self-monitoring*. Restriction from work is not indicated.

I am an employee who is at a higher risk of severe diseases. Should I request to be restricted from seeing possible COVID-19 patients?

People at a higher risk include:

- >60 years of age with underlying health conditions (heart disease, lung disease, kidney or liver disease)
- With a weakened immune system OR
- Who is pregnant

Based on what we know today about this new disease, COVID-19 does not appear to be associated with an increased risk of worse outcome in pregnancy. Little is known about impact in immunocompromised population.

Currently SHS is not restricting high risk populations from caring for a person infected with COVID-19.

SHS healthcare team is made up of individuals from many communities representing a range of abilities, skills, perspectives, and life stages. Some members of our team are working while pregnant; others work while facing illnesses or treatments that may make them immunocompromised as a result; others who are older than 60 years of age. PPE policies and procedures are designed to protect all HCP regardless of age, health or pregnancy status.

Can COVID-19 start with a sore throat?

- The most common symptoms of COVID-19, the disease caused by the new coronavirus, are fever, cough and shortness of breath. Some patients also have body aches, runny nose, sore throat or diarrhea. If you have a sore throat and think you may be infected with coronavirus, contact your primary care provider or consider an e-visit.

Can you have COVID-19 without symptoms?

- Yes. Symptoms of COVID-19 usually show up from 2 to 14 days after exposure, but some people who are infected do not develop symptoms and do not feel ill.

Coronavirus and other coronaviruses?

- There are many kinds of coronavirus. Some only affect animals. Some have been circulating among human beings for years, causing mild colds. Others have caused small, severe human disease outbreaks in the past, such as the coronaviruses that caused SARS in 2003 and MERS in 2012. The new coronavirus is different from these and was only identified in December 2019.

****Self-monitoring** is the daily self-assessment for a fever (defined as an oral temperature $\geq 100.4^{\circ}\text{F}$) by a thermometer and symptom assessment for new cough, SOB or a feeling of being unwell.*

FAQ compiled from multiple agency website to include OHA, CDC, UW and WHO.