

Interim Guidance for **Persons Being Monitored** for Potential Exposure to Coronavirus Disease 2019 (COVID-19)

This guidance is designed to help you closely monitor your health for 14 days following potential exposure to Coronavirus Disease 2019 (COVID-19). This does NOT mean that you will get sick with COVID-19.

SELF-MONITORING WITH DELEGATED SUPERVISION

What is self-monitoring with delegated supervision?

Self-monitoring with delegated supervision means that you will be monitoring yourself for fever by taking your temperature twice a day and remain alert for other symptoms. Your monitoring program will be managed by your employer.

If you are reporting to work on-site at Church Health: On a work day, you will need to check your temperature before leaving home for work and after returning home from work. Church Health may also ask you to check your temperature after arrival at work but before beginning duties. Remain alert for symptoms of COVID-19. You should not go to work if you have fever or symptoms of COVID-19 and you should immediately report fever or other symptoms to your manager. On a non-work day, you will need to check your temperature twice daily (morning and evening). You will need to do these temperature and symptom checks every day of the monitoring period.

Why are you being asked to check your temperature and symptoms for 14 days?

It is very important for you to monitor your health for 14 days after the last day you were potentially exposed to COVID-19 to protect your health and the health of those around you, and ensure you get quick and appropriate treatment if you get sick. Fourteen (14) days is the longest estimated time between when you may have been exposed to COVID-19 and when symptoms may begin. Your employer will inform you when your monitoring period will end.

What are the signs and symptoms of COVID-19?

The most common signs and symptoms of COVID-19 are fever, a new persistent cough, and shortness of breath or difficulty breathing. *These symptoms can also be caused by many other common illnesses, such as influenza.* If you develop a fever or any flu-like symptoms, it does not necessarily mean that you have COVID-19, but you should report them to your manager immediately.

How should you monitor your health during this time period?

A *COVID-19 14-Day Symptom Monitoring Log* form is included in this document for you to record your temperature and possible symptoms. This information may be requested by your employer and/or your local health department.

Instructions for monitoring your temperature and symptoms:

- Take your temperature with a digital thermometer **2 times a day (at least 6 hours apart):**
- Write down your temperature on the *COVID-19 14-Day Symptom Monitoring Log* form twice a day, every day.
- If you forget to take your temperature, take it as soon as you remember.
- Mark if you have any symptoms included on the form.
- Indicate if you took any fever/pain reducing medications [e.g., Aspirin, Tylenol® (acetaminophen), paracetamol, Aleve® (naproxen), MOTRIN® or Advil® (ibuprofen)] and the reason why you took the medication on the form. **Your temperature should be taken before you take the next dose of any such medication.**
- At the end of your monitoring period, you will send your *COVID-19 14-Day Symptom Monitoring Log* form to your manager as part of the return to work clearing process. You may be asked to continue monitoring for an extended period of time.

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

If possible, you should immediately isolate yourself at home. Follow CDC recommendations about what to do if you are sick found at this [link](#). If you are symptom free at the beginning of the monitoring period and then begin to experience fever or other symptoms, **immediately call your manager**. Church Health may be able to facilitate flu testing, if clinically indicated.

If you are concerned about your symptoms, you should call your primary care physician's office to receive healthcare advice.

If you have a medical emergency, call 911 and inform them that you are being monitored for COVID-19. Then, you or another person should call your manager.

The following are emergency warning signs for COVID-19 per CDC recommendations:

People who develop **emergency warning signs** for COVID-19 should get **medical attention immediately**. Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

COVID-19 14-Day Symptom Monitoring Log - Day 1-7

Name: _____

Date symptoms began: _____

Instructions: Your employer will help you determine the dates and duration of your monitoring period. 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 below: circle 'Y' for Yes and 'N' for No. **Don't leave any spaces blank.** If you have a fever or any symptom, **immediately call your manager.**

Day #	1		2		3		4		5		6		7	
Date														
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Time														
Temperature														
Fever ($\geq 100^\circ$)	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
New Cough	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Shortness of breath/difficulty breathing	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Other symptom:														
Fever/ pain-reducing medication ¹ taken?	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N

Day #	8		9		10		11		12		13		14	
Date														
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Time														
Temperature														
Fever ($\geq 100^\circ$)	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
New Cough	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Shortness of breath/difficulty breathing	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Other symptom:														
Fever/ pain-reducing medication ¹ taken?	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N

¹ e.g., Aspirin, Tylenol® (acetaminophen), paracetamol, Aleve® (naproxen), MOTRIN® or Advil® (ibuprofen)