
SOG for Self-monitoring for symptoms of COVID-19 - During the Phased return to research at UNTHSC in regard to recent events concerning COVID -19

Purpose: COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. COVID -19 is also commonly transmitted via contact with contaminated surfaces. There will be a requirement for lab personnel and “healthy” subjects to self-assess their health each day prior to coming on campus. This will include monitoring temperature twice a day and for common symptoms of COVID 19. If there is any indication of infection, then you need to stay home and follow CDC guidelines for monitoring and medical assistance. If you are recovered from COVID -19 infection you need to follow CDC guidelines for return to work at the campus.

Scope: Applies to all research personnel who are part of the phased rollout to return to work in the research labs

Responsibility: Everyone who is on the campus should understand and practice self - monitoring regardless of their job or activities in the lab.

Procedure for effective self-monitoring.

Some measures that can be taken to achieve this goal is given below.

1. Communication is key for effective monitoring and follow up.

- PIs should have a plan to communicate planned absences and/or lab closures to your PI/Lab Manager/designee, Departmental Research Operations Manager and Department Administrators. Maintain a system to know the whereabouts of all members.
- Confirm that all lab members who will be planning to participate in research during the present situation should have valid EUID and password.
- Your contact information with the University should be current so that we can communicate with you using the ‘Red Alert’ for emergency situations. This will be needed access specific training and daily self- monitor forms (online) that need to be completed before coming on campus.

2. Complete and submit the self- monitoring form every day before coming to campus. (A requirement for entry access to buildings during this period).

sample information requested in the self - monitoring form

- Check your temperature twice, every day and submit the temperature as part of the self-monitoring report.
- Check for symptoms (fever, cough and trouble breathing).
- Have you been exposed with anyone infected or suspected of being infected COVID-19?
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3. Regardless of if there is any indication or if individuals have been infected but recovered, everyone needs to follow CDC guidelines for return to work/lab activities.

- Employees who become sick or have COVID-19 symptoms should immediately notify their supervisor and should be sent home. The employee should follow CDC guidelines for medical care.
- If an employee is confirmed to have COVID-19 infection, employers should inform fellow employees of their possible exposure to COVID-19 in the workplace but maintain confidentiality as required by the Americans with Disabilities Act (ADA). The employer should instruct fellow employees about how to proceed based on the CDC [Public Health Recommendations for Community-Related Exposure](#).

Actively encourage sick employees to stay home:

- Employees who have [symptoms](#) (i.e., fever, cough, or shortness of breath) should notify their supervisor and stay home.
- Sick employees should follow [CDC-recommended steps](#). Employees should not return to work until the criteria to [discontinue home isolation](#) are met, in consultation with healthcare providers and state and local health departments.
- Employees who are well but who are living with someone that has been diagnosed with COVID-19 or has COVID-19 symptoms should notify their supervisor and follow [CDC recommended precautions](#).

4. Steps to help prevent the spread of COVID-19 if you are sick

Follow the steps below:

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

- Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- Take care of yourself. Get rest and stay hydrated.
- Contact your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- Avoid public transportation, ride-sharing, or taxis.

Steps to discontinue home isolation

People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:

If you are not being tested, you can leave home after these three things have happened:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers).
- Other symptoms have improved (for example, when your cough or shortness of breath have improved)
- At least 7 days have passed since your symptoms first appeared
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If you are being tested to determine if you are still contagious, you can leave home after

- You no longer have a fever (without the use of medicine that reduces fevers)
- Other symptoms have improved (cough or shortness of breath have improved)
- you received two negative tests in a row, 24 hours apart.

Your doctor will follow CDC guidelines. In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.



Reference:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

https://www.osha.gov/Publications/influenza_pandemic.html#steps_employers_can_take

https://www.ehs.harvard.edu/sites/ehs.harvard.edu/files/Lab%20Prep%20for%20COVID19_0.pdf

https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-businessresponse.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fguidance-business-response.html