



Rocky Vista Health Center COVID 19 Illness Policy

Created: April 14, 2020

Revised:

Rocky Vista Health Center physicians, residents and staff will notify the health center Administrative Director OR the health center Medical Director PRIOR to their scheduled shift of any potential COVID related symptoms. Any employee who exhibits symptoms during a scheduled shift will be sent home to monitor symptoms as recommended below. Residents will notify the GME Program Director/Associate Program Director AND their other rotations attending physicians of symptoms.

Symptoms include but are not limited to:

Fever, cough, shortness of breath

1. Employees will be advised to contact their primary care physician for medical advice and follow the CDC recommendations for self-quarantine and testing:
 - **Stay home.** Most people with COVID-19 have mild illness and can recover at home without acute medical care. Do not leave your home, except to get medical care.
 - **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medications as needed.
 - **Stay in touch with your doctor.** Call before you get medical care. Be sure to seek medical attention if you have trouble breathing, or have any other signs and symptoms of any emergency.
 - **Stay away from others.** You should stay in a specific “sick room” if possible, and remain isolated from other people in your home. Use a separate bathroom, if available.

Seek Medical Attention if:

You develop any of these **emergency warning signs or symptoms:**

- Trouble breathing
 - Persistent pain or pressure in the chest
 - New onset confusion or mental status change
 - Bluish lips or face due to difficulty breathing
- (This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.)

Return to work protocol for Health Center Staff

Employees must meet the following criteria in order to return to work. If ALL criteria are met, employees must complete the [online screening and attestation process](#) for clearance 24 hours before returning to work.

1. 72 hours without fever **AND** without fever reducing medications **AND**
2. Resolution of respiratory symptoms (e.g. cough, sob), **AND**
3. At least 7 days have passed since symptoms first appeared

OR

1. Negative test results for at least two consecutive nasopharyngeal swabs collected 24 hours apart

Upon returning to work, all employees MUST

- 1) Employee will wear a facemask at all times while in the clinic until all symptoms are completely resolved **OR** until 14 days after illness onset, whichever is longer
- 2) Be restricted from contact with severely immunocompromised patients until 14 days after illness onset
- 3) Adhere to hand hygiene, cough etiquette, and respiratory hygiene ([CDC's interim infection control guidance](#))
- 4) Self-monitor for symptoms, and seek re-evaluation from health care provider should symptoms recur or worsen.