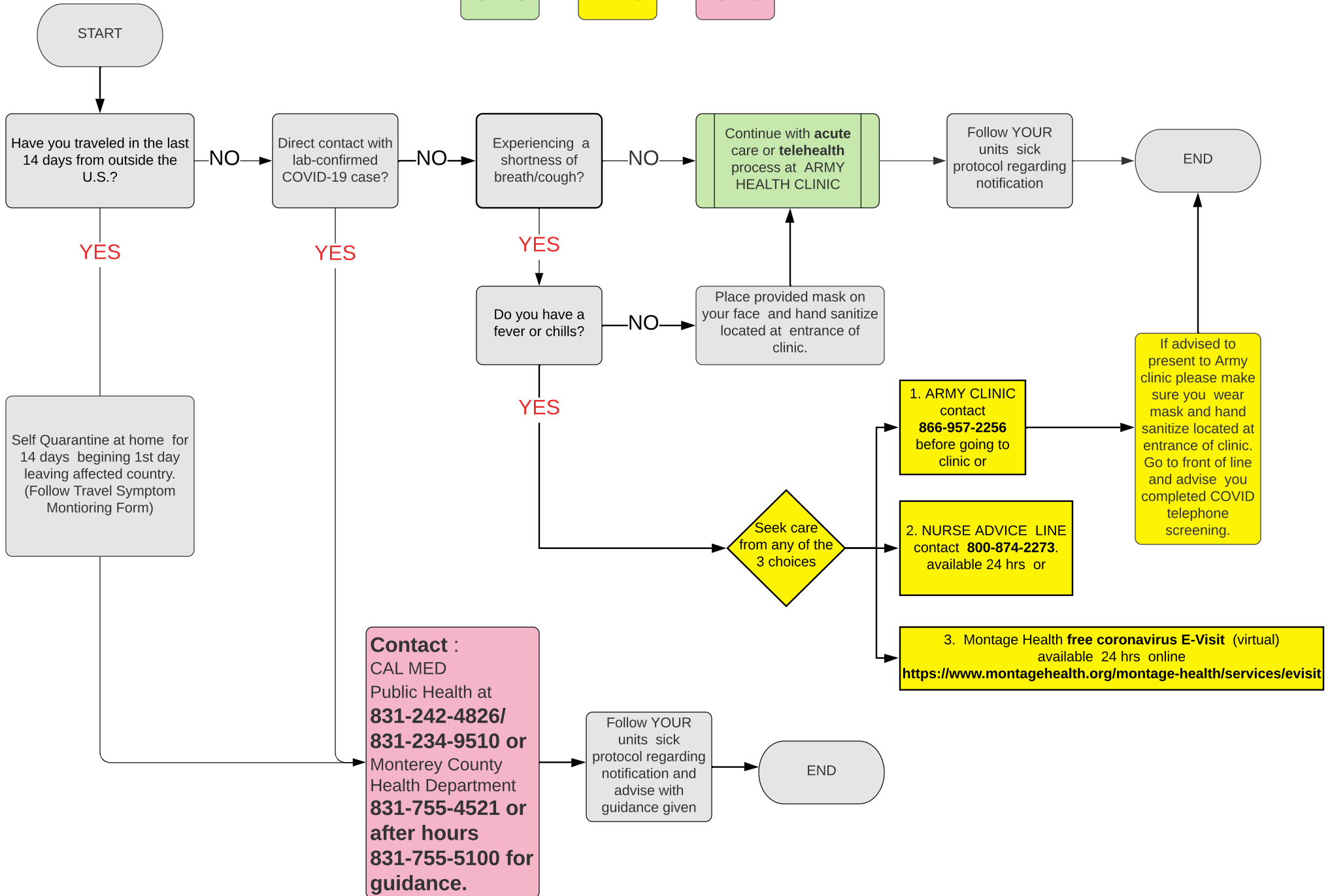


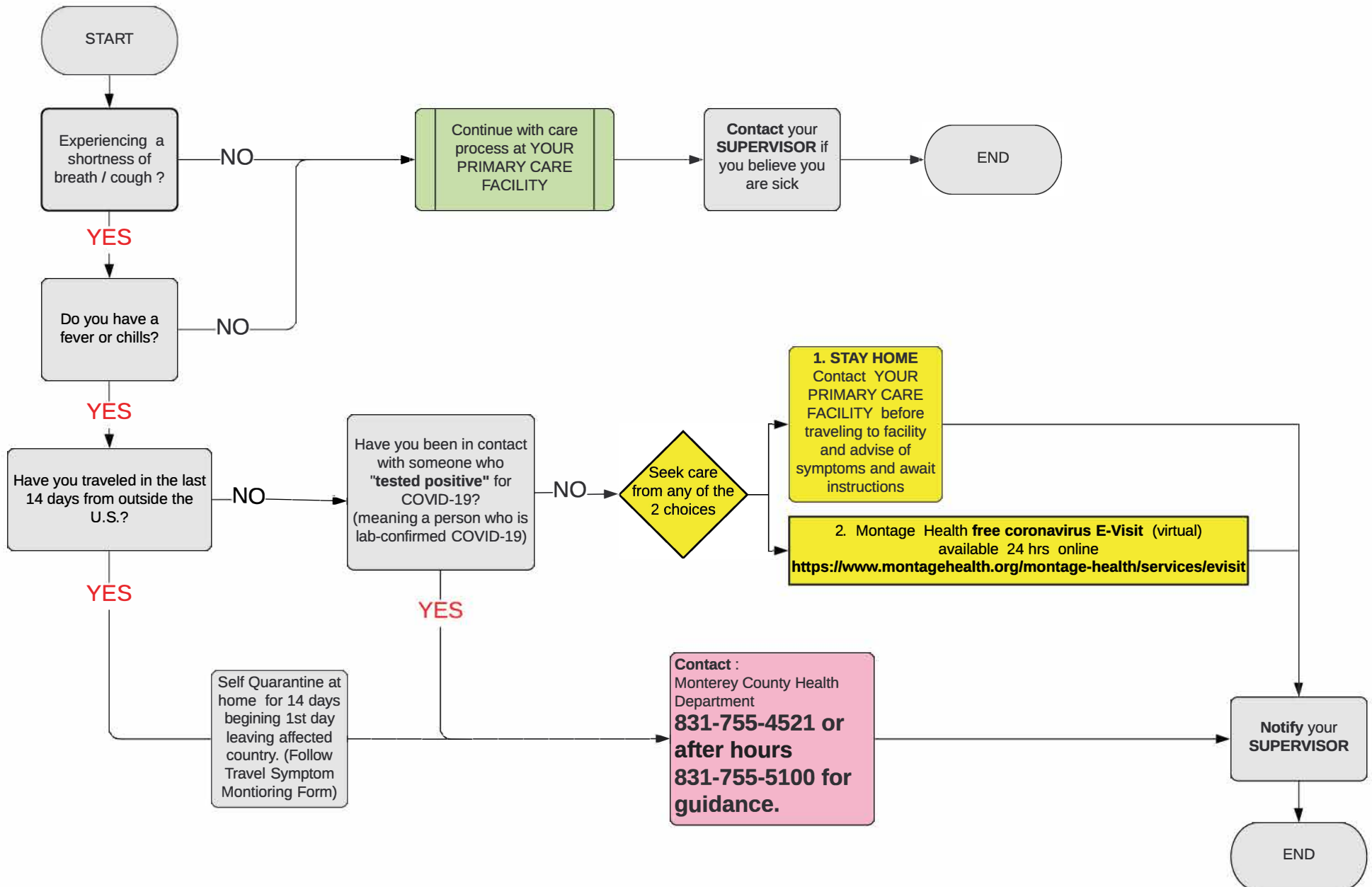
SERVICE MEMBER FEELING SICK

(v4) CAL MED COVID-19 Protocol MAR 2020



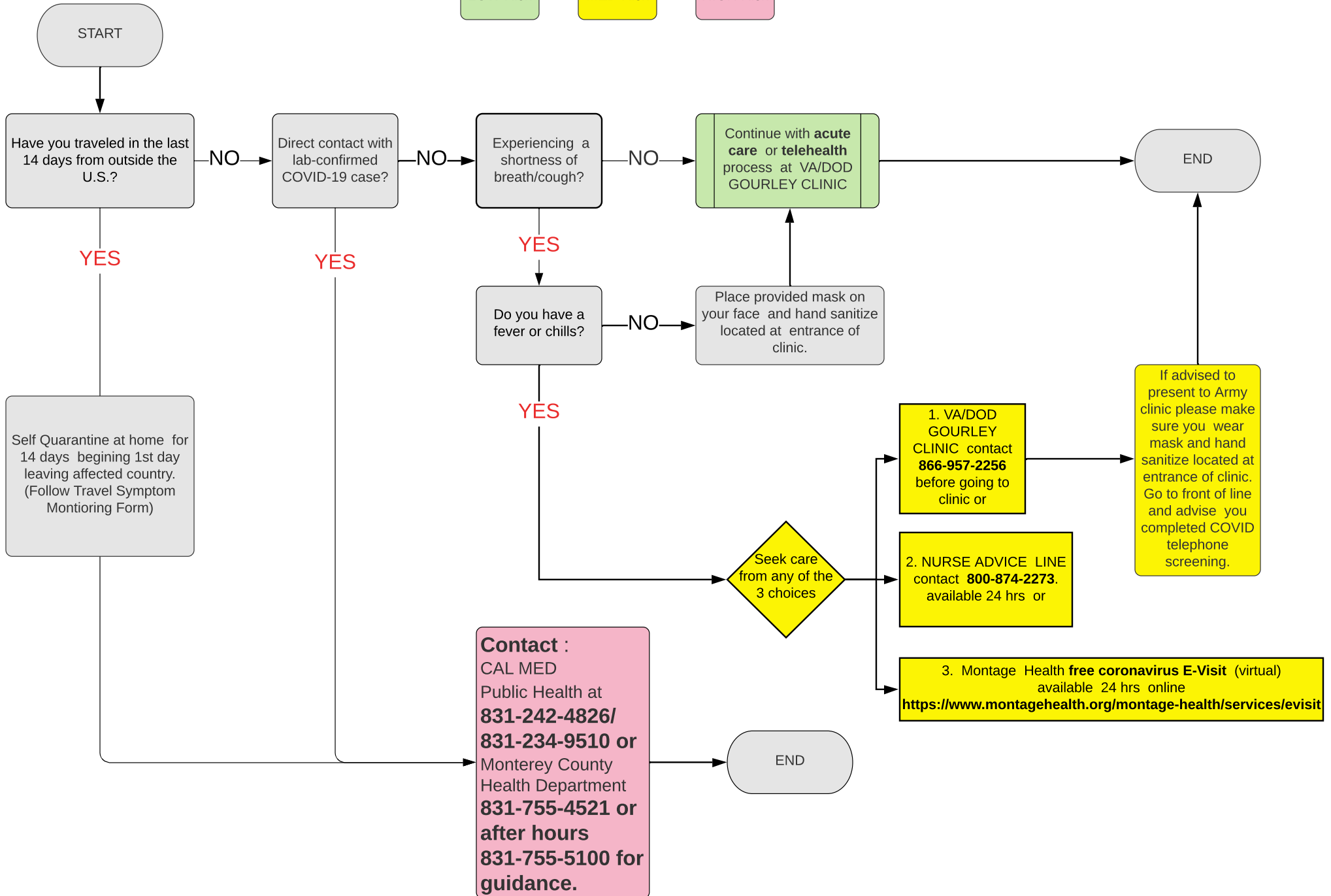
CIVILIAN / FACULTY MEMBER FEELING SICK

(v3) CAL MED COVID-19 Protocol MAR 2020



PEDS/FM PATIENT FEELING SICK

(v1) CAL MED COVID-19 Protocol MAR 2020





Human coronaviruses are most commonly spread:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

Protect yourself and others:

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick; stay home if you are sick.

Symptoms:

- Fever
- Cough
- Shortness of breath

If you are sick or suspect you are infected with the virus that causes COVID-19:

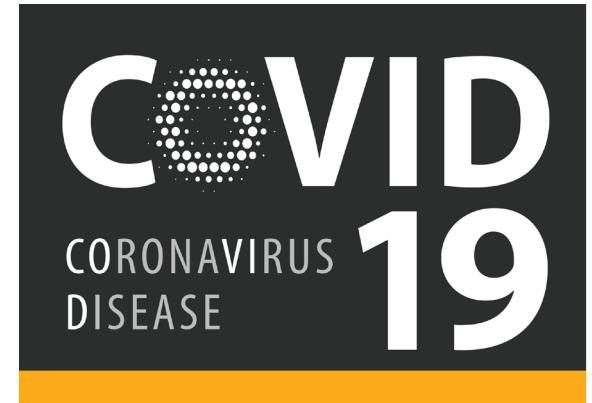
- Seek medical care. **CALL AHEAD** before you go to a doctor's office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.
- See the top 10 tips inside

CDC Health Management Definitions

Rank-ordered from least to worst risk

<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

- I. **Self-observation:** be alert for fever, cough, and difficulty breathing. If you develop symptoms, then take and record your temperature, self-isolate yourself, limit contact with others, and seek advice by telephone from a healthcare provider.
- II. **Self-monitoring:** watch for fever by taking your temperature twice a day and remain alert for cough or difficulty breathing. If you develop symptoms, self-isolate, limit contact with others, and seek advice by telephone from a healthcare provider.
- III. **Self-monitoring with delegated supervision:** for certain occupational groups (e.g., hospital workers, laboratory personnel, airline crew members), self-monitoring with oversight by medical personnel or state/local public health officials. The preventive medicine or infection control personnel from the Army hospital will establish points of contact between the Army, you, and the local or state health departments.
- IV. **Self-monitoring with public health supervision:** Army MTF's preventive medicine departments assume the responsibility for oversight of your self-monitoring process.
- V. **Active monitoring:** the Army, state or local public health authorities assumes responsibility for regular communication with you as a potentially exposed individual to assess for the presence of fever, cough, or difficulty breathing. The mode of communication will be determined by the Army, state or local public health authority. You must stay engaged with the monitoring authorities.
- VI. **Quarantine:** the separation from others of a person or group of people believed to have been exposed to a communicable disease but not yet symptomatic to prevent the possible spread. This is a law-enforcement action.
- VII. **Isolation:** separation from others because public health authorities reasonably believe that you are infected with a communicable disease and potentially infectious to others who are not infected. Isolation may be at a hospital or other locations deemed appropriate by public health professionals. Isolation for public health purposes may be voluntary or directed.



Coronavirus Disease 2019 (COVID-19)

The Centers for Disease Control and Prevention (CDC), the Military Health System and the U.S. Army Public Health Center are closely monitoring the COVID-19 outbreak. We continue to assess and adjust our posture as conditions warrant to ensure the health protection of all members of the Team and surrounding communities. This is a rapidly evolving situation and information will be updated as it becomes available.

The Army COVID-19 Information Hotline for trusted resources and answers to your questions!



U.S. ARMY

1-800-984-8523

Overseas DSN 312-421-3700

Stateside DSN 421-3700



Public Health
Prevent. Promote. Protect.

Army Public Health

Coronavirus Disease 2019 (COVID-19): 10 Tips for At-Home Quarantine or Self-Monitoring

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

1 **Stay home** from work, school, and away from public places. If you must go out, avoid using public transportation, ridesharing, or taxis.



2 **Monitor for symptoms** and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.



3 **Get rest, stay hydrated, and exercise** if possible. If you are able to exercise, do so in your home or yard. Avoid the gym or other locations where you may come into contact with others.



4 If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have been exposed to COVID-19.



5 For medical emergencies, call 911 and **notify the dispatch personnel** that you have been exposed to COVID-19.



6 **Take everyday actions** to prevent the spread of germs.

- Clean your hands often with soap and water for at least 20 seconds or an alcohol-based hand sanitizer that contains at least 60% alcohol
- Cover your cough/sneeze
- Avoid touching your eyes, nose, and mouth



7 As much as possible, **stay in a specific room and away from other people** and pets in your home. Use a separate bathroom, if available.



8 **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



9 **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



10 **Make the best of your time at home** by teleworking if you're able or catching up on reading, exercising, or other hobbies.



For current COVID-19 information:
<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The Military Health System Nurse Advice Line is available 24/7:
Call 1-800-874-2273 option #1
or visit <https://www.health.mil/1-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

What is Self-Monitoring?

What do I need to do?

- Take your temperature twice a day (morning and night). If you do not have a thermometer we can provide one for you.
- You should keep a record of whether you are taking any medication with aspirin, Tylenol® (acetaminophen), paracetamol, Aleve® (naproxen), Motrin® or Advil® (ibuprofen). If you are taking any of those medications, temperature readings should be taken before your next dose.
- Monitor daily for symptoms including fever (temperature of 100.0° F or above), feeling feverish, chills, cough, night sweats or difficulty breathing.

What do I do if I develop symptoms?

- **If you need emergency medical care call 911** and be sure to tell them you may have been exposed to novel coronavirus.
- Otherwise, seek prompt medical attention if you develop symptoms including fever, cough, or difficulty breathing.
- Before seeking care, call your healthcare provider and tell them that you may have been exposed to novel coronavirus.
- Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed.
- Ask your healthcare provider to call the Presidio of Monterey Department of Public Health at 831-242-4826.

How often will I be contacted?

- Unless you develop symptoms, the Presidio of Monterey Department of Public Health will not contact you.

How long will monitoring last?

- Self monitoring can end after 14 days since your last potential exposure to someone with novel coronavirus.
- Your last day of monitoring will be: ___/___/_____.

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

