ACTIVE DUTY SERVICE MEMBER WAKES UP AND FEELS SICK
CAL MED COVID-19 Protocol MAR 2020

START

Experiencing a shortness of breath/cough?

NO

YES

Do you have a fever or chills?

NO

YES

Travel in last 14 days from any Level 2 & 3 (International Travel) affected country on CDC list?

NO

YES

Place provided mask on your face and hand sanitize located at entrance of clinic.

Direct contact with lab-confirmed COVID-19 case?

NO

YES

Follow YOUR units sick protocol regarding notification

END

Contact YOUR ARMY CLINIC before traveling to facility at 831-242-2856 or after hours 800-874-2273
Nurse Advice Line and advise of symptoms and await instructions.

If advised to present to clinic please make sure you wear mask and hand sanitize located at entrance of clinic. Go to front of line and advise you completed COVID telephone screening.

Self Quarantine Home Stay for 14 days will be applicable beginning 1st day leaving affected country. (Follow Travel Symptom Monitoring Form)

END

Follow YOUR units sick protocol regarding notification and advise with guidance given

Contact: CAL MED Public Health at 831-242-4826 or Monterey County Health Department 831-755-4521 or after hours 831-755-5100 for guidance.
CIVILIAN WAKES UP AND FEELS SICK
CAL MED COVID-19 Protocol MAR 2020

START

Experiencing a shortness of breath / cough?

NO

YES

Do you have a fever or chills?

NO

YES

Travel in last 14 days from any Level 2 & 3 (International Travel) affected country on CDC list?

NO

Direct contact with lab-confirmed COVID-19 case?

NO

YES

Contact YOUR PRIMARY CARE FACILITY before traveling to facility and advise of symptoms and await instructions

END

Follow employer sick protocol and advise with guidance given

Follow employer routine care process at YOUR PRIMARY CARE FACILITY

END

Contact YOUR PRIMARY CARE FACILITY for guidance.

831-755-4521 or after hours 831-755-5100

YES

Self Quarantine Home Stay for 14 days will be applicable beginning 1st day leaving affected country. (Follow Travel Symptom Monitoring Form)

Contact Monterey County Health Department 831-755-4521 or after hours 831-755-5100 for guidance.
FACULTY MEMBER WAKES UP FEELS SICK
CAL MED COVID-19 Protocol MAR 2020

START

Experiencing a shortness of breath / cough?

NO

Do you have a fever or chills?

NO

YES

Travel in last 14 days from any Level 2 & 3 (International Travel) affected country on CDC list?

NO

Direct contact with lab-confirmed COVID-19 case?

NO

YES

Continue with routine care process at YOUR PRIMARY CARE FACILITY

Follow employer sick protocol and advise with guidance given

END

NO

Contact YOUR PRIMARY CARE FACILITY before traveling to facility and advise of symptoms and await instructions

Follow employer sick protocol and advise with guidance given

END

YES

Self Quarantine Home Stay for 14 days will be applicable beginning 1st day leaving affected country. (Follow Travel Symptom Monitoring Form)

Contact:
Monterey County Health Department
831-755-4521 or after hours 831-755-5100 for guidance.
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.?

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.

For more information: www.cdc.gov/COVID19