

COVID-19 Partner Education Sheet

You have tested for the virus that causes COVID-19. The following guidance applies to patients that are **isolating** (you have tested positive) **or quarantining** (you were exposed to someone with COVID-19 but do not have symptoms and have not tested positive). If you are symptomatic and have been tested you will need to stay home until you receive negative results.

Partners, if you test positive for COVID-19 please let us know of your positive result by going to the COVID Partner Navigator on PartnerNet or by calling the COVID-19 HR Helpline at 888-461-9644 and selecting option 3. Positive tests results must be submitted to validate your return to work and COVID Sick Pay eligibility. Please keep this paperwork as you will need to submit a copy to HR with your positive test result.

COVID-19 is the disease caused by a virus called SARS-CoV-2, which can be spread by droplets from a cough or sneeze, which can get into your mouth, nose, eyes, or lungs, or by contact with contaminated surfaces.

Common COVID-19 symptoms to monitor for that may develop 2-14 days after exposure: Fever (>100.4)*, chills, new body aches, fatigue, headache, runny nose, congestion, sore throat, cough, new loss of taste or smell, nausea, vomiting, or diarrhea. **If you develop shortness of breath, chest pain, confusion, or bluish lips/face please seek evaluation immediately.**

*Even if you do not have a fever (100.4) you can still be infected with the virus that causes COVID-19, especially if you have taken any medications with ibuprofen (NSAIDS) or acetaminophen listed in the ingredients. These medications can lower your temperature and make it appear like you don't have a fever.

Isolation/Quarantine Guidelines—STAY HOME

- **Stay in your home** or apartment, per state, local, or your healthcare provider instructions.
 - If you need medical care, call ahead so that staff can prepare for your arrival.

- DO NOT go to your doctor's office, an ER or urgent care center without informing them that you are coming and may have coronavirus.
- If you have a medical emergency, call 911 and tell them you may have coronavirus.
- If you need to leave your house, follow social distancing guidelines by wearing a mask and staying at least 6 feet away from other people.
- **Do not go to public areas**, including work and school. This includes activities such as: Going to the grocery store/running errands; Walking the dog; Visiting the laundromat; Going to the movies; Going to restaurants; Attending church.
- **Avoid public transportation**, like buses, subways, trains and planes; rideshare like Uber or Lyft; or taxis.
- **Maintain distance from others (at least 6 feet)**, even your partner or children. Stay in a specific room and keep away from other people in your home. Use a separate bathroom from the rest of your household. If you must share a bathroom, clean all surfaces thoroughly after each use.
- **Wear a properly fitting mask (Ideally surgical mask or better)** even at home to protect others in your household.
- **Cover your mouth and nose** with a tissue when you cough or sneeze, and throw used tissues in a lined trash can. Alternatively, cough or sneeze into your elbow.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.
- **Wash your hands** often with soap and water for at least 20 seconds, especially after: blowing your nose, coughing/sneezing, going to the bathroom, and before eating or preparing food. Soap and water are the best option if hands are visibly dirty.
- **Use an alcohol-based hand sanitizer with at least 60% alcohol** if soap and water are not available, covering your hands completely and rubbing until they feel dry.
- **Avoid close contact** with people who are showing symptoms of illness.

CDC Self-Isolation Sanitization Protocols

- **Avoid sharing personal household items.** Do not share dishes, drinking glasses, cups, utensils, towels/bedding with other people or pets in your home. After using, wash them thoroughly with soap and water/laundry detergent.
- **Regularly clean** high-touch surfaces such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- **Disinfect** any surfaces that may have blood, stool or body fluids on them.
- Use a household cleaning product and follow the label instructions.

Symptom Monitoring

Seek immediate medical care if your illness worsens (such as difficulty breathing). Call ahead and tell your provider that you have COVID-19 or may have COVID-19 if you are quarantining. Put on a face mask before entering the facility to prevent further spread of illness. In general, follow these basic rules:

- **Keep hydrated** and drink plenty of fluids.
- **Rest** as much as possible.
- **Manage symptoms like fever, headache, or body aches** by take Tylenol or Motrin as indicated on the label.
- **When sleeping consider laying on your stomach**, as well as doing regular breathing exercises, as this may help your breathing.
- **If your symptoms are getting worse or are not improving please call your primary care provider or HEB Primary Care for guidance.**

Clearing Isolation

Persons who tested positive for COVID-19 and were directed to care for themselves at home **may discontinue home isolation under all the following conditions:**

- ***At least 5 full days (Day 0 is first day of symptoms) have passed since symptoms first appeared OR 5 full**

days (**Day 0 is first day of positive result**) have passed since your positive test result if you had no symptoms.

- **Daily temperature checks** indicate at least 24 hours have passed since you last had a fever (>100.4) without using fever-reducing medications.
- **You display a significant improvement** in respiratory symptoms (e.g., not coughing continuously, no limiting shortness of breath).
- **Patients that meet the above criteria to discontinue home isolation after 5 full days must still wear a mask at all times for a total of 10 full days following diagnosis (from onset of symptoms or positive test)***
- If you have **tested positive on home testing** and need further guidance or would like to know if you qualify for any of the currently available COVID-19 treatments (**especially if you have any medical conditions that are identified as high risk**), please call your Primary Care Provider or the H-E-B Wellness Primary Care clinics for further guidance.

Clearing Quarantine

Persons who met criteria for close contact with someone recently diagnosed with COVID-19 and were directed to quarantine **may discontinue quarantine under all the following conditions:**

Unvaccinated, completed Pfizer/Moderna series over 6 months ago and are not boosted, or completed the primary series of the J&J vaccine over 2 months ago and are not boosted:

- **At least 5 full days (Day 0 is day of last exposure)** have passed since the close contact and you have not developed any symptoms concerning for COVID-19.
- Masks should be used around others for a total of **10 days following exposure**. Patients should monitor for symptoms concerning for COVID-19, along with daily temperature checks before their shift for 10 days after exposure.

Boosted, Completed Pfizer/Moderna series less than 6 months ago, or completed the primary series of the J&J vaccine within the last 2 months (>14 days have passed since last dose in vaccine series):

- There is **no requirement to quarantine** but testing should be **performed 5 days after close contact** with a positive patient, even if asymptomatic.
- Masks should be used around others for a total of **10 days following exposure**. Patients should monitor for symptoms concerning for COVID-19, along with daily temperature checks before their shift for 10 days after exposure.

If you develop symptoms during your quarantine period please get tested and stay home until you receive negative results

Receiving Testing Results

Results will be posted to the patient portal once reviewed by a provider, with results typically available between 2 to 7 days after testing. Patients opted-in to receive text messages from HEB Primary Care will receive a text message with a link indicating results are available for review. After clicking on the link you will be asked to enter your DOB and once DOB is verified results will be available for review. If you are not opted in to receive text messages from HEB Primary Care and have not received testing results after 48 hours please call 855-803-9355 to request results.

Returning to Work

- You **DO NOT** require retesting before returning to work.
- **Some of the following situations may warrant retesting** (healthcare workers, cancer patients, immunocompromised patients, those hospitalized for COVID-19) but this will be recommended by a healthcare provider if indicated.
- **If you have questions**, please follow up with your PCP or call the COVID hotline at 888-461-9644 for guidance.

- **Let your leader know** when you have completed isolation or quarantine and are ready to return to work.

Please see the example below to determine your return to work date. This is assuming that you have met the criteria for clearing isolation reviewed earlier in this document.

CDC Isolation Guidance	Symptom Start Date or Date of Test - Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6 - Return to Work
	1/5/2022	1/6/2022	1/7/2022	1/8/2022	1/9/2022	1/10/2022	1/11/2022

How to Protect Yourself and Others

- **Consider getting a Covid-19 vaccine or booster** once you are improved if you have not already done so. If you have received monoclonal antibody therapy or convalescent plasma you should wait at least 90 days after this before receiving a vaccine.
- **Wear a properly fitting mask indoors (Ideally a surgical mask or better)** when you are in close contact with those not in your household. This is one of the few ways we have to protect ourselves and others from infection.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.
- **Wash your hands** often or use an alcohol-based hand sanitizer with at least 60% alcohol.
- **Avoid close contact** with people who are showing symptoms of illness or are close contacts of someone recently diagnosed with COVID-19.
- **Avoid** crowds and poorly ventilated areas.