

Self-Monitoring Information for HFD Members: Updated March 18, 2020

HFD members in the low-risk category of COVID-19 exposure risk should perform self-monitoring until 14 days after the last potential exposure. Asymptomatic members in this category are not restricted from work or any other regular daily activities.

The previous guidance on mandatory daily emails has been retracted and the phone number for reporting has been updated.

Guidance to HFD Members on Self-Monitoring:

- Monitor for symptoms twice daily at least 6 hours apart
 - o Symptoms include the following:
 - Fever > 100.0
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills, body aches, sore throat, headache, nausea, vomiting, diarrhea, and runny nose
- It is the member's responsibility to monitor for symptoms and alert HFD Infection Control if they appear.
- **IF SYMPTOMS DEVELOP:**
 - o If needed, call 911 first, disclose your monitoring status, and then contact HFD Infection Control.
 - o Immediately report symptoms to HFD Infection Control at 346-291-4964.
 - o Mild symptoms should also be reported, but continue home-care unless illness progression requires further care.
- **Members shall continue to self-monitor for 14 days after the last exposure unless contacted by HFD Infection Control and directed to discontinue self-monitoring.**

HFD Contacts:

HFD Infection Control 346-291-4964

hfdexposure@houstontx.gov