

COVID-19 Self-Screening and Monitoring Tools for Healthcare Workers

Background

The coronavirus (COVID-19) epidemic has resulted in many healthcare workers in facilities and home care settings becoming exposed. These workers pose a significant risk of transmitting COVID-19 to high-risk patients in long-term care settings. The Centers for Disease Control and Prevention (CDC) developed recommendations for screening and monitoring healthcare workers.¹ Healthcare workers in various healthcare settings should adhere to these recommendations when visiting patients in facilities. As demonstrated by an outbreak in a long-term care facility in the State of Washington, healthcare workers who travel between facilities may be at especially high risk for transmission to patients because these workers may not receive consistent messaging or supervision on how to prevent transmission.²

Purpose

The tools can be used by healthcare workers to screen and monitor themselves for symptoms and easily demonstrate their risk status to facilities when they enter a facility. The tools also remind healthcare workers of best practices when entering a facility to provide care for a patient, including defining when they should consult with higher level clinical staff of the facility before entering. These tools will be especially useful for hospice workers, home health, and other healthcare workers who are not on the staff of a facility, but regularly enter the facility to work with patients or residents.

¹Interim U.S. Guidance for Risk Assessment and Public Health Management of Healthcare Personnel with Potential Exposure in a Healthcare Setting to Patients with Coronavirus Disease (COVID-19). Accessed at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>.

²CDC. COVID-19 in a Long-term Care Facility — King County, Washington, February 27–March 9, 2020. *Morb Mortal Weekly Rep (MMWR)* 69;339-342. Accessed at: <https://www.cdc.gov/mmwr/volumes/69/wr/mm6912e1.htm>.

Healthcare Worker (HCW) Screening Tool and Passport

To diminish the risk of transmission of COVID-19 to long-term care residents, the Long-Term Care Subcommittee of the Utah Governor's COVID-19 Unified Command developed a best-practices screening tool for healthcare workers that ensures communication of potential exposure. This tool ensures individual, household, and occupational exposures are documented and communicated before individuals enter care settings and allows healthcare workers to track their exposure every 24 hours.

The Decision Tree can be used at entry to facilities and provides screening and education on medium and high-risk exposures. Facility leadership will assist the healthcare worker with decisions on appropriate personal protective equipment (PPE) for the nature of planned care. High-risk exposures may necessitate replacement of staff to prevent asymptomatic transmission to residents.

The Passport is a tool that can guide healthcare workers visiting multiple facilities to document their risk and guide timing of visits (e.g., multiple resident facilities with no COVID-19 patients' first visits, then COVID-19-exposed facilities later in the schedule). It also provides guidance on appropriate PPE.

- Wear gloves, a surgical mask and eye protection or face shield (when available) while working with ALL patients.
 - Face shield is optional if county positivity rate is less than 5 percent and facility is not experiencing an outbreak.
- Avoid removing your surgical mask during your shift.
- Wear a gown during close contact with any patient (e.g., bathing or cleaning).

Caring for Patients with COVID-19+, Test Pending, or Displaying Symptoms Consistent with COVID-19

Use contact/droplet precautions: gown, gloves, fit-tested N95 or respirator and eye protection/face shield when providing cares within 6 feet of patient.

Aerosol-Generating Procedures for All Patients

Utilize the following PPE: gown, gloves, PAPR (if available) or fit-tested N95 and face shield on any patient during treatment and for an hour after treatment.

Stop. Think. Assess. Every Interaction and Assess Highest Risk Encounter

Directions:

Answer questions 1 through 6.

If responses indicate low risk:

- Proceed with care.

If responses indicate moderate or high risk:

- Record on your Passport document; and
- Review response with Director of Nursing (DON) or appointed clinician.

Moderate Risk: Requires clearance.

High Risk: Requires review AND replacement.

Question 1

Have **you** had any of the following symptoms in the past 48 hours?

- Fever or chills
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion/runny nose
- Nausea or vomiting
- Diarrhea

No → Continue to Question 2.

Yes → High Risk

Question 2

Have you been **fully vaccinated** for COVID-19 (at least 14 days past vaccine series completion)?

No → Continue to Question 3.

Yes → You do not need to quarantine regardless of exposure or travel history. You should still monitor for symptoms following any COVID-19 exposure. Consider wearing additional PPE (gown, gloves, mask, face shield) and/or testing 5 to 7 days following higher risk exposure as appropriate.

Question 3

In the past 14 days, has anyone in **your home** or anyone you have **interacted with** tested positive or had symptoms of COVID-19?

No → Continue to Question 4.

Yes → High Risk

Question 4

Have you provided **care/support** to a **patient** who is COVID-19+ or has symptoms consistent with COVID-19?

No → Continue to Question 5.

Yes → Was there **prolonged care** (cumulative total of ≥ 15 minutes) and close contact (< 6 feet)?

No → Moderate Risk

Yes → Did you wear gown, gloves, eye protection and mask for all care and did the patient wear a mask?

No → High Risk

Yes → Moderate Risk

Question 5

Have you provided care or been in a room when a COVID-19+ or a symptomatic patient has been given **aerosolizing treatment** without a PAPR or fit-tested N95 mask for any amount of time?

Aerosolized Treatments: NP Swab, Nebulizer, CPAP/BIPAP, Open Suctioning, High-flow o2, Intubation, Ventilation Chest PT, Cough Assist

No → Continue to Question 6.

Yes → High Risk

Question 6

Have you traveled (domestic or international) in the past 10 days?

No → Low Risk

Yes → Has it been at least 7 days since travel occurred **AND** have you tested negative for COVID-19 at least 3 days afterward?

No → High Risk

Yes → Low Risk

Moderate Risk

Requires a **review for clearance** with the Director of Nursing (DON) or appointed clinician of that building/setting.

High Risk

Requires a **review and replacement** plan with the Director of Nursing (DON) or appointed clinician of that building/setting.

Stop. Think. Assess. Every Interaction and Record Risk Every 24 hours

Care Provider Name

Agencies/Facilities
I work for



Is there a known COVID-19+ patient
in any listed facility/agency?

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Do not bring any unnecessary items
into the facility/home.

Take PPE for that care session and
no personal belongings.

Please leave all gait belts,
stethoscopes, cuffs, computers, etc.
secured outside of facilities.

*Facilities are not responsible for any
lost or stolen items.*

Moderate Risk
Requires a **review for clearance**
with the Director of Nursing or
appointed clinician of that
building/setting.

High Risk
Requires a **review and replacement**
plan with the Director of Nursing or
appointed clinician of that
building/setting.

July 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 L M H	2 L M H	3 L M H
4 L M H	5 L M H	6 L M H	7 L M H	8 L M H	9 L M H	10 L M H
11 L M H	12 L M H	13 L M H	14 L M H	15 L M H	16 L M H	17 L M H
18 L M H	19 L M H	20 L M H	21 L M H	22 L M H	23 L M H	24 L M H
25 L M H	26 L M H	27 L M H	28 L M H	29 L M H	30 L M H	31 L M H

August 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 L M H	2 L M H	3 L M H	4 L M H	5 L M H	6 L M H	7 L M H
8 L M H	9 L M H	10 L M H	11 L M H	12 L M H	13 L M H	14 L M H
15 L M H	16 L M H	17 L M H	18 L M H	19 L M H	20 L M H	21 L M H
22 L M H	23 L M H	24 L M H	25 L M H	26 L M H	27 L M H	28 L M H
29 L M H	30 L M H	31 L M H				



Wear gloves, a surgical mask and eye protection or face shield*
(when available) while working with ALL patients.
*Face shield is optional if county positivity rate is less than 5
percent AND facility not experiencing an outbreak.



Caring for patients with COVID-19 +; test pending; or symptomatic
Use contact/droplet precautions: gown, gloves, fit-tested N95 or
respirator and eye protection/face shield when providing cares
within 6 feet of patient.



Avoid removing your surgical mask during your shift.
Wear a gown during close contact with any patient (e.g.,
bathing or cleaning).



Aerosol-Generating Procedures for All Patients
Wear contact-airborne precautions: gown, gloves, PAPR (if
available) or fit-tested N95 and face shield on any patient during
treatment and for an hour after treatment.

Stop. Think. Assess. Every Interaction and Record Risk Every 24 hours

Care Provider Name

Agencies/Facilities I work for



Is there a known COVID-19+ patient in any listed facility/agency?

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Do not bring any unnecessary items into the facility/home.

Take PPE for that care session and no personal belongings.

Please leave all gait belts, stethoscopes, cuffs, computers, etc. secured outside of facilities.

Facilities are not responsible for any lost or stolen items.

Moderate Risk
Requires a **review for clearance** with the Director of Nursing or appointed clinician of that building/setting.

High Risk
Requires a **review and replacement** plan with the Director of Nursing or appointed clinician of that building/setting.

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 L M H	2 L M H	3 L M H	4 L M H
5 L M H	6 L M H	7 L M H	8 L M H	9 L M H	10 L M H	11 L M H
12 L M H	13 L M H	14 L M H	15 L M H	16 L M H	17 L M H	18 L M H
19 L M H	20 L M H	21 L M H	22 L M H	23 L M H	24 L M H	25 L M H
26 L M H	27 L M H	28 L M H	29 L M H	30 L M H		

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 L M H	2 L M H
3 L M H	4 L M H	5 L M H	6 L M H	7 L M H	8 L M H	9 L M H
10 L M H	11 L M H	12 L M H	13 L M H	14 L M H	15 L M H	16 L M H
17 L M H	18 L M H	19 L M H	20 L M H	21 L M H	22 L M H	23 L M H
24/31 L M H L M H	25 L M H	26 L M H	27 L M H	28 L M H	29 L M H	30 L M H



Wear gloves, a surgical mask and eye protection or face shield* (when available) while working with ALL patients.
*Face shield is optional if county positivity rate is less than 5 percent AND facility is not experiencing an outbreak.



Caring for patients with COVID-19 +; test pending; or symptomatic
Use contact/droplet precautions: gown, gloves, fit-tested N95 or respirator and eye protection/face shield when providing cares within 6 feet of patient.



Avoid removing your surgical mask during your shift.
Wear a gown during close contact with any patient (e.g., bathing or cleaning).



Aerosol-Generating Procedures for All Patients
Wear contact-airborne precautions: gown, gloves, PAPR (if available) or fit-tested N95 and face shield on any patient during treatment and for an hour after treatment.