

## 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.<sup>1</sup> 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.<sup>2</sup>

### 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.

<sup>1</sup>Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2  
Accessed at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>.

<sup>2</sup>CDC. 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.
  - Wear a gown during close contact with any patient (e.g., bathing or cleaning).
  - Face shield is optional if [community transmission rate](#) is low or moderate and facility is not experiencing an outbreak.
- Avoid removing your surgical mask during your shift.

## 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 in substantial or high community transmission or if suspicion of COVID-19 or during an outbreak: 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 **lower risk or high risk:**

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

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

**Lower Risk**  
No work restrictions

**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**

Are you up to date for COVID-19 vaccination or within 90 days from prior infection?

No → Continue to Question 3.

Yes →

- You do **not** need to quarantine if asymptomatic regardless of exposure or travel history.
- Monitor for symptoms following any COVID-19 exposure.
- Perform testing immediately (no sooner than 24 hours after exposure) and again 5-7 days following high risk exposure.
- Wear additional PPE (N95 mask, eye protection)

**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 positive 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 → Lower Risk

Yes →

Did you wear N95 mask, eye protection and all other required PPE for all care and did the patient wear a mask?

No → High Risk

Yes → Lower Risk

**Question 5**

Have you provided care or been in a room when a COVID-19 positive 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 → Lower Risk

Yes →

Has it been at least **5 days since travel** occurred **AND** you have tested negative for COVID-19 3-5 days afterward?

No → High Risk

Yes → Lower Risk

**For detailed description of CDC guidance see:**

**Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2**  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

**Public Health Guidance for Potential COVID-19 Exposure Associated with Travel**  
<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

# 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?

 
 
 
 

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.*

**Lower Risk**  
No work restrictions.

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

Month _____ Year _____						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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bathing or cleaning).



Aerosol-Generating Procedures for All Patients  
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community transmission or if suspicion of COVID-19 or during  
an outbreak: gown, gloves, PAPR (if available) or fit-tested N95 and  
face shield on any patient during treatment and for an hour after  
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