



## OCCUPATIONAL HEALTH FAQs

*Revised Aug. 17, 2020*

**Q: What if I am feeling ill with upper respiratory symptoms (cough, fever, shortness of breath)?**

**A:** Occupational Health is not offering sick visits at this time. Please call your PCP, Teladoc, or go to urgent care for treatment. However, the Occupational Health COVID Team can possibly get you tested on-site. Please call 682-303-1661.

**Q: What is considered a fever?**

**A:** A fever is any temperature 100.4 or greater.

**Q: What if I am returning from international travel and I have no symptoms?**

**A:** You must stay home and self-quarantine for 14 days from date of arrival in the U.S., taking your temperature and recording it twice daily. You will need to provide this log to Occupational Health COVID Team after 14 days.

**Q: What if I am returning from a cruise, even if I have no symptoms?**

**A:** You must stay home and self-quarantine for 14 days from date of arrival in the U.S., taking your temperature and recording it twice daily. You will need to provide this log to Occupational Health COVID Team after 14 days.

**Q: What if I was exposed to a known or suspected COVID-19 case outside of work?**

**A:** Please call the Occupational Health COVID Team to determine the best course of action. You will likely require a 14 day quarantine and/or testing. Do not report to work until you have spoken to Occupational Health COVID Team (682-303-1661).

**Q: What if I was exposed to a known or suspected COVID-19 case at work?**

**A:** Call the Occupational Health COVID Team. In many cases if you were utilizing proper PPE, and your exposure was minor, there is no action to be taken, however this will be determined by Occupational Health and Infection Prevention.

**Q: How do I know when to return to work after an exposure?**

**A:** A Cook Children's employee may return to his/her workplace after an Occupational Health exit interview, when one of the following has occurred:

- Ten (10) days have passed since initial positive COVID-19 test and the employee is still without symptoms; OR
- Ten (10) days have elapsed since the onset of symptoms, employee is fever-free for up to 24 hours without fever-reducing medications, and there has been improvement in cough and shortness of breath; OR
- Fourteen (14) days have passed since returning from a high-risk travel area, even with a negative COVID-19 test result; OR
- Employee has received a negative COVID-19 test from pre-procedure testing without known exposure.

Once the employee is able to return to their workplace, they must wear a **surgical mask** in **all** areas from the start to the end of the shift. **NOTE:** Cloth masks are not acceptable; it must be in a surgical mask or N95 depending on nature of work. Also remember eyewear (goggles, safety glasses, face shields) must accompany masks when patient facing in any situation.

**Q: What if I am immunocompromised or at heightened risk of severe illness from COVID-19?**

**A:** Please notify Occupational Health with your concern. Decisions will be made on a case-by-case basis depending on your specific situation. Utilizing standard infection control precautions and proper PPE, which includes gown, gloves, surgical mask and eye protection, should provide adequate protection to employees.

**Occupational Health contact information:**

- Occupational Health email designated for COVID-19 inquiries: [COVID19OHS@CookChildrens.org](mailto:COVID19OHS@CookChildrens.org)
- Occ Health COVID-19 Hotline: 682-303-1661 **New!**
- Occ Health COVID-19 Fax #: 682-303-1662 **New!**
- *For all other non-COVID-19 inquiries, write to Occ Health here [OccHealth@CookChildrens.org](mailto:OccHealth@CookChildrens.org).*