

# EMPLOYEE HEALTH UPDATE

## ***INSTRUCTIONS:***

Employees experiencing any of the following symptoms should report off work and contact Employee Health for screening or follow the procedure below during off hours. Symptoms should be reported as soon as they start for prompt follow up. Managers- please send call-off logs to EH@phhealthcare.org and Tina Simon:

- Fever > 100.0
- Cough
- Shortness of Breath
- Chills
- Headache (unless it is chronic/normal)
- Congestion/Runny Nose/Stuffy Nose (even if believed to be allergy related)
- Fatigue
- Muscle Aches
- Vomiting/Diarrhea (unless family has same symptoms)
- Sore Throat
- Loss of Taste or Smell

**After Hours/Weekends/Holidays** - If experiencing any of these symptoms, PRIOR TO RETURNING TO WORK, the employee should report to one of the following Q-care locations to be screened, tested, and cleared by a Provider (employee must be GI symptom and fever free without medications for 24 hours prior to returning to work)- Please see below for weekend Q-care hours.

- DuBois 9:00 AM - 4:00 PM
- Philipsburg 9:00 AM - 4:00 PM
- St. Mary's 9:00 AM - 4:00 PM
- Huntingdon 8:00 AM - 4:00 PM
- Clearfield 9:00 AM - 4:00 PM

\*\* If an employee has been exposed to someone who is COVID positive: The employee is able to continue to work as long as they are not having any symptoms. Current recommendations are that they home antigen test on days 1, 3 and 5 post-exposure (day 0 is date of exposure). They should be wearing a well-fitted mask and take all breaks and lunches alone for 10 days post-exposure. If any of the home tests are positive or they become symptomatic, they should not report to work and follow up with Employee Health during office hours.

## ***EMPLOYEE HEALTH OFFICE HOURS & PHONE NUMBERS:***

Monday through Friday: 7:30 AM until 4:00 PM

- Jen Gardner RN: (814) 375-3392
- Jenny Crawford RN: (814) 375-3356
- Jeanne Askey RN: (814) 375-3351

***\*\*\*\*EMPLOYEE HEALTH WILL BE CLOSED\*\*\*\****

Monday, September 2 . Staff should follow the weekend/holiday procedure during that time.