



Healthcare Worker COVID-19 Close Contact Information Leaflet

PLEASE NOTE: Because the Novel Coronavirus (COVID-19) is a new virus in the human population, new information is becoming available as doctors and scientists study the virus and how it affects people. While the information contained in this pack was accurate at the time it was printed, we advise you to check the Health Protection Surveillance Centre (HPSC) website at www.hpsc.ie for the most up-to-date information. The HPSC website is updated frequently as new information about the COVID-19 becomes available.

Please read this letter and the enclosed information leaflets carefully.

You have been identified as a close contact of a case of Novel Coronavirus (COVID-19). As a result, you require active close contact monitoring for 14 days after your last unprotected exposure to a case of COVID-19 under the supervision of the Occupational Health Service (OHS). The aim of active close contact monitoring is to identify close contacts who develop symptoms consistent with Novel Corona Virus at the earliest opportunity, to help prevent the further spread of the virus to family, friends and colleagues and to fast track symptomatic close contacts to the appropriate medical facility for further assessment, appropriate isolation and treatment if necessary.

What is my risk?

Coronaviruses can be transmitted from person to person, usually after close contact with an infected patient, for example in a household, workplace or health care setting. Because it is likely that you have had close contact with someone who has COVID-19, there is a risk that you might have picked up the virus and could become unwell or pass the virus on to other people.

During the time that you are being monitored (i.e. for 14 days after your last unprotected exposure to a case of COVID-19):

- **You must not remain work.**
- As you are a close contact you are advised to limit your movements and interactions with others, as far as is practical. In particular, you should be advised to avoid contact with immunocompromised, elderly, pregnant or other vulnerable individuals. You are advised to avoid attendance at any social gatherings, crowded closed settings, healthcare, childcare or school settings during the period of active monitoring. This will include rescheduling any non-urgent medical appointments.
- You are advised to avoid travel outside of Ireland during the period of active monitoring. You should discuss travel within Ireland with the Occupational Health Service, preferably two days before travel, and advise the OHS of your location and contact details. Occupational Health will engage with Public Health Services to discuss this.
- You should be contactable by phone at all times.
- Avoid the use of anti-pyretics, (for example paracetamol, ibuprofen) while undertaking monitoring in case they mask symptoms



- You should always engage in regular hand washing and cover your mouth and nose with a tissue or the bend of your elbow when coughing and sneezing to prevent the spread of infection. See advice enclosed “**Recommendations to prevent the spread of infection**”.
- Do not donate blood for at least two months after your contact with a Coronavirus case

What happens next?

1. For 14 days after your last unprotected exposure to a case of COVID-19, please monitor yourself for the following symptoms (**Fever, Cough, Shortness of Breath, Difficulty Breathing**) and record them each day on the sheet enclosed.
2. Each day you will receive a call/text from the OHS asking if you have developed any of the aforementioned symptoms. It is important that you respond to this call/text and if you miss a call, return it as soon as possible.

If you develop a fever, a cough, shortness of breath or difficulty breathing:

- a. Immediately put on one of the surgical masks provided in this pack and **isolate yourself** from others (for example stay in a different room from the rest of your family with the door closed).
- b. Once you are isolated from others you may remove the surgical mask. If you need to come in contact with other people for any reason **please put on a surgical mask before contact**.
- c. **Do not attend** your GP, including their out-of-hours/on-call service.
- d. **Do not attend** your local Emergency Department unless told to do so Occupational Health, Public Health or the ED Consultant.
- e. You should phone the **Occupational Health Service during the office hours set out below** at the number below and identify yourself as a **symptomatic close contact** of the Novel Corona Virus. Outside of these hours you should phone your local GP service. (**please check local GP out of hours contact details and add below**).

Contact Details

Occupational Health Service: Hours _____ (Monday – Friday): Phone _____

Occupational Health out of hours service: 8am – 8pm (Saturday/Sunday): 087 6197040

GP Out of Hours: _____

Employee Assistance and Counseling Service (24-hour Freephone) 1800 409388

Further information including frequently asked questions is available at www.hpse.ie at the following link: <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/frequentlyaskedquestions/>

Specific Information regarding self-isolation at home is available on the HPSC website - <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/guidance/selfisolationathome/>