

FAQs for RWJMS Employees COVID-19

As a major contributor to healthcare in NJ, we all need to be at our best so that we can continue to respond to COVID-19 in our state and take care of the patients who depend on us. As healthcare professionals we need to do everything that we can to remain healthy and fit for work including strict adherence to hygiene, infection control and use of PPE recommendations.

Communications from multiple sources and are coming rapidly with frequent changes in recommendations and guidelines. Resources are now available at one website, for you to find more detailed information quickly. Access RWJMS COVID-19 guides, resources, and updates here:

[http://rwjms.rutgers.edu/news_publications/news-releases/covid-19-\(coronavirus\)-information](http://rwjms.rutgers.edu/news_publications/news-releases/covid-19-(coronavirus)-information)

What are symptoms of COVID-19?

- Fever
- Cough
- Shortness of breath

How can I protect myself and my family from COVID-19 infection?

- Stay home when you are sick and limit contact with others
- Wash your hands frequently with soap and water for 20 seconds or use hand sanitizing gel
- Cover your cough with your elbow and sneeze into a tissue
- Clean and disinfect frequently touched objects in your home (cellphones, surfaces, for example)
- Do not travel while sick

What should I do if I start to develop signs of illness while at work?

If you have any difficulty breathing or feel in respiratory distress, you need to be seen in an emergency department. Notify supervisor or co-workers to call 911 for help.

- Notify your supervisor and leave work immediately
- Contact your primary care provider for medical advice
- Self-isolate at home unless otherwise advised by your medical provider
- Notify Employee Health Services in the Department of Medicine in New Brunswick (732-235-6559) for advice on testing and return to work instructions

What should I do if I become ill off work hours?

If you have any difficulty breathing or feel in respiratory distress, you need to be seen in an emergency department. Call 911 for help.

- Do not report for work
- Contact your primary care provider for medical advice
- Notify your supervisor as soon as possible
- Notify Employee Health Services in the Department of Medicine in New Brunswick (732-235-6559) for advice on testing and return to work instructions

Can I be tested for COVID-19?

- Testing will be considered for RWJMS employees (including residents, fellows, faculty, and staff) whose jobs require face-to-face patient interactions at all ambulatory and inpatient sites.
- You must meet the criteria for testing to receive the COVID-19 test
- If you are tested, you will receive two tests, flu and COVID-19
- All testing will be done by appointment only. You must contact Employee Health Services in the Department of Medicine in New Brunswick (732-235-6559) to arrange for testing

What are the criteria to be tested?

- You have fever, cough, shortness of breath or other symptoms of respiratory infection
AND
- You have potential exposure to patients with COVID-19 because of patient care, travel, or contact with a suspected or known COVID-19 patient

Can I be tested if I am not sick, but think that I may have been exposed to the virus by travel or contact with a person who has COVID-19?

- No. If you are not sick fever, cough, shortness of breath, or other respiratory symptoms you will not be tested
- There is NO role for testing employees without symptoms at this time
- Contact Employee Health Services in the Department of Medicine in New Brunswick (732-235-6559) for advice on self-monitoring and restrictions from work

If I have recently (within the last 14 days) returned from Europe, Italy, China, Iran, South Korea, United Kingdom and Ireland, Iceland, Norway, Malta (see CDC website for updated level 3 destinations) can I return to work as scheduled?

- No. Do not return to work
- Notify your supervisor and contact Employee Health Services in the Department of Medicine in New Brunswick (732-235-6559) when you return to the US for work restrictions and self-monitoring instructions.

Where can I find out if I should be tested, or stay home from work if I am not sick but have been exposed to a person with COVID-19, or have traveled to an area where COVID-19 is widespread?

- Contact Employee Health Services in the Department of Medicine in New Brunswick (732-235-6559) for advice on testing, restrictions from work, and self-monitoring instructions.