

COVID-19 SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you are experiencing any of the above symptoms, do not report to work!

Call the CareHere nurse to discuss your symptoms at (406) 502-1356, Ext. 136.

If indicated, the nurse will help arrange for COVID-19 testing to be collected. If indicated, the nurse will help arrange for COVID-19 testing.

SYMPTOMATIC TESTING AVAILABILITY for all Symptomatic Legislators and Legislative Staff

For staffing and flow purposes, CareHere would like to propose a set time of day to plan for anyone who needs rapid testing to come to the office in a “group”, rather than pop in and out all day. For people who are unable to come in at that time, we will attempt to refer them for a visit at a specific time with a provider, or if unable to do so, CareHere can offer to order PCR testing through St Peter’s Health.

PROCESS:

If you are symptomatic and have been identified as being a close contact with anyone who was symptomatic by a contact tracer, you should quarantine yourself and participate. If you have symptoms, you should participate remotely for 10 days, as long as symptoms are improving and you have been without a fever or fever reducing medication for 24 hours. If you have been identified as a close contact to someone who was diagnosed with COVID, you will need to quarantine for 14 days after your last exposure to that person, regardless of COVID test results.

The legislator or staff would call the triage nurse at CareHere and identify themselves as a legislator or legislative staff to discuss your symptoms:

(406) 502-1356, Ext. 136.

If indicated, the nurse will help arrange for COVID-19 testing to be collected. The nurse will:

a) offer rapid testing at CareHere from 11:00 a.m. to 12:00 noon, only if you have symptoms of COVID 19.

b) schedule a visit with a provider if that time doesn't work; or

c) provide an order for PCR (not rapid) testing through St. Peter's Health.

For legislators and staff members who are part of the state health plan, we are able to offer televisits and onsite testing at times other than 11-12, depending on schedule availability each day. A rapid or PCR test can be arranged during that visit, depending on what is most appropriate.

If you are not a member of the state health plan and who do not have plan benefits and are unable to come to the office between 11 a.m -12 noon, you will be offered an order at St Peter's Health for an appointment to have collected a test upon availability.

SURVEILLANCE TESTING for all Legislators & Legislative Staff

(Awaiting Information)

CONTACT TRACING

We have a Professional Services Agreement with Lewis and Clark County Public Health for a dedicated contact tracer. (Draft protocols expected Wednesday.)

Protocols to Respond to a Symptomatic Person in the Capitol Building for the Legislature During the COVID-19

Protocol - Symptoms but not a suspect case

Isolation and Quarantine Protocol

Legislator or Staff has a symptom of illness* but does not meet the definition of suspect case.

Recommended Testing Protocol

Symptomatic individual is isolated and sent home. No quarantine recommended for close contacts.

Requirement to Return to Work

If symptoms persist after 48 hours, advise symptomatic individual to seek medical advice and test if recommended by healthcare provider/Local Public Health. Has been fever free for 24 hours and symptoms improved (back to usual health).

Protocol - Suspect case

Isolation and Quarantine Protocol

Symptomatic individual is isolated and sent home. No action for close contacts while waiting for test result or healthcare provider clearance.

Recommended Testing Protocol

Advise symptomatic individual to seek medical advice and obtain a COVID-19 test. Local Public Health may recommend testing for others in certain situations.

Requirement to Return to Work

Attestation from the individual that documents one of the following:

- Tested negative for COVID- 19, has been fever free for 24 hours and symptoms improved (back to usual health).
- Tested positive for COVID- 19 and has since met CDC and Local Public Health (LPH)

Protocol - Confirmed case – Tested Positive

Isolation and Quarantine Protocol

Person testing positive is isolated at home per CDC and Local Public Health guidelines. Close contacts are quarantined at home for 14 days since last exposure to that person who tested positive for COVID-19. LPH will determine close contacts.

Recommended Testing Protocol

Positive case needs no further testing (no testing for cure). Close contacts in quarantine should be tested and should self-monitor for symptoms and seek medical advice as needed.

End quarantine: On day 10 without testing or on day 7 after receiving a negative test result.

Requirement to Return to Work

Positive individuals should meet the CDC/LPH guidelines for ending isolation before returning to the Capitol.

LPH recommends the symptom-based strategy for ending isolation. Isolate until:

- Fever free for 24 hours; and
- Symptoms have improved; and
- 10 days since symptoms first appeared (20 days if severely immunocompromised) OR time-based approach if asymptomatic when tested positive.

Isolate until:

- 10 days since date of specimen collection
- 20 days if severely immunocompromised

Protocol - Close contact of a confirmed case

Isolation and Quarantine Protocol

A close contact is quarantined at home for 7 to14 days after last exposure to the confirmed case; at least 10 days without testing or on day 7 after a negative test.

Recommended Testing Protocol

Close contacts in quarantine should be tested and should self-monitor for symptoms and seek medical advice as needed.

Requirement to Return to Work

Individual should meet the CDC/LPH guidelines for ending quarantine before returning to Capitol. Quarantine for 7 to 14 days after the last date of exposure to the confirmed case.

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