

March 13, 2020

CH2003-11

From: CHPRC Communications
To: CHPRC Employees (please cascade)
Subject: COVID-19 INFORMATION AND RESOURCES FROM HPMC

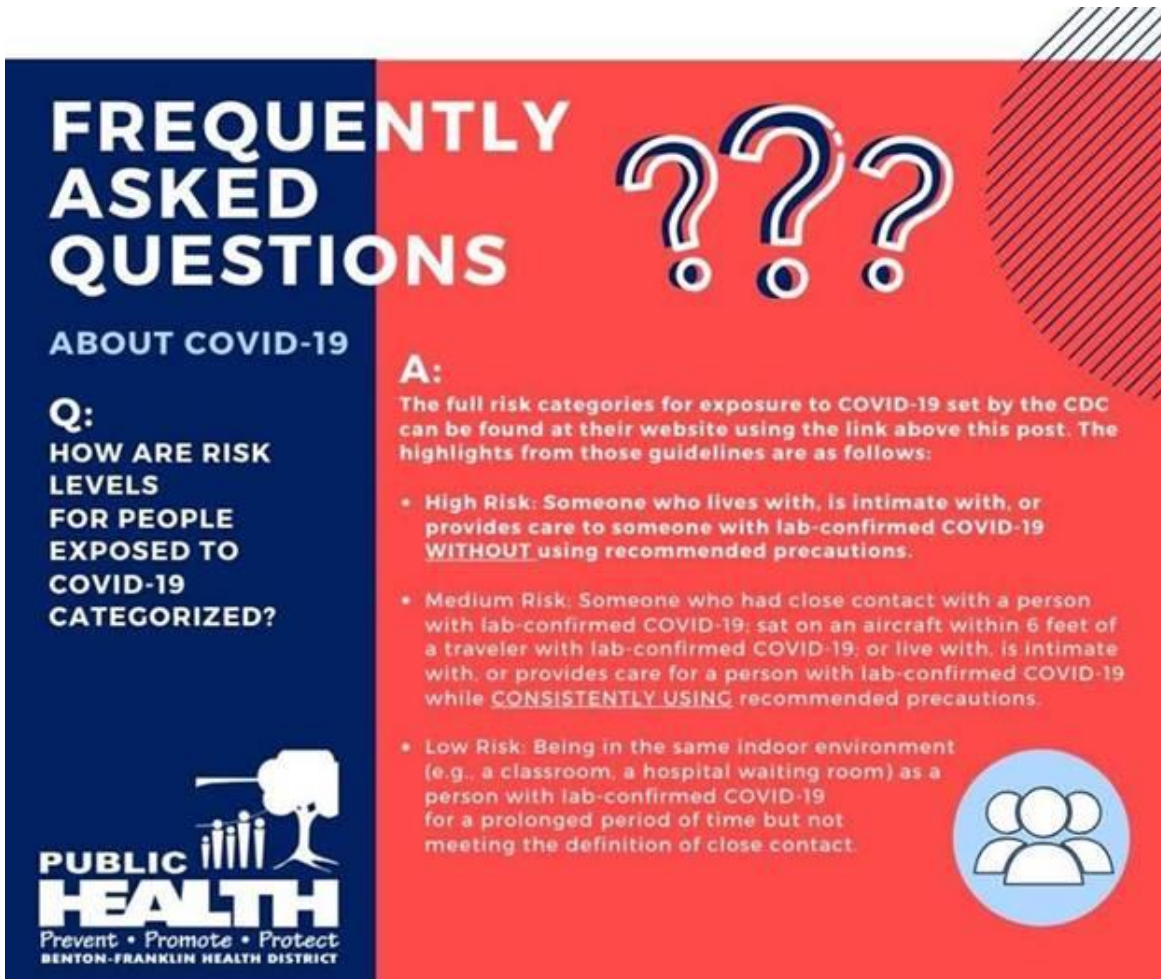
**This Message Was Received from
^Hanford Office of Public Affairs.
Please share with all employees.**

HPMC OCCUPATIONAL MEDICAL SERVICES

A number of people have contacted us about coronavirus (COVID-19) testing and guidance on what to do if they are unwell. If you are sick, you should stay at home and inform your manager. If you are ill with symptoms suggestive of the COVID-19, inform your manager and contact your primary care provider. If ill at work, inform your supervisor / manager who will strongly recommend you go home. Call ahead before visiting your doctor to ensure that the office is prepared and that you are provided a facemask upon arrival if you do not have one.

HPMC Occupational Medical Services (OMS) is not a primary care facility and should not be utilized in place of your primary care provider or urgent care. The clinics do not have the ability to treat or to provide testing for COVID-19. HPMC OMS does have a webpage available to find information related to COVID-19 at <http://health.rl.gov/page.cfm/publichealth>.

(See next pages for Benton-Franklin Health District answer on “How are risk levels for people exposed to COVID-19 categorized” and Centers for Disease Control and Prevention poster of COVID-19 symptoms. Feel free to share with co-workers who don’t work on a computer.)



FREQUENTLY ASKED QUESTIONS


ABOUT COVID-19

Q:
HOW ARE RISK LEVELS FOR PEOPLE EXPOSED TO COVID-19 CATEGORIZED?

A:
The full risk categories for exposure to COVID-19 set by the CDC can be found at their website using the link above this post. The highlights from those guidelines are as follows:

- **High Risk:** Someone who lives with, is intimate with, or provides care to someone with lab-confirmed COVID-19 WITHOUT using recommended precautions.
- **Medium Risk:** Someone who had close contact with a person with lab-confirmed COVID-19: sat on an aircraft within 6 feet of a traveler with lab-confirmed COVID-19, or live with, is intimate with, or provides care for a person with lab-confirmed COVID-19 while CONSISTENTLY USING recommended precautions.
- **Low Risk:** Being in the same indoor environment (e.g., a classroom, a hospital waiting room) as a person with lab-confirmed COVID-19 for a prolonged period of time but not meeting the definition of close contact.

PUBLIC HEALTH
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Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



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For more information: www.cdc.gov/COVID19-symptoms