COVID-19 ESSENTIAL Healthcare Worker on Passive Monitoring
– Leaflet for returning to work prior to the end of the monitoring period
V3.0, 20th Apr 2020

What is an Essential Healthcare Worker?
When a service cannot be staffed safely or a critical skill set to provide critical/essential services is unavailable, then derogation from management may be given to a HCW who has been excluded from work. This HCW is deemed an essential HCW, for the purposes of this process. The decision for the HCW to return to work lies with management.

What is passive monitoring?
Passive monitoring is where you self-monitor for symptoms of COVID-19, which are fever, a cough, shortness of breath or difficulty breathing.

The aim of this monitoring is to identify contacts that 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 casual contacts to the appropriate medical facility for further assessment, appropriate isolation and treatment if necessary.

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

Isolate yourself from others (for example go to an empty office).
• Do not attend your Occupational Health Service or GP, including their out-of-hours/on-call service.
• Do not attend your local Emergency Department unless told to do so Occupational Health, or your GP.
• You should phone the Occupational Health Service (see below link for contact numbers) and advise you are self-monitoring and now have symptoms. If acutely unwell you should phone your local GP service or, if necessary, the ambulance service. (please check local GP out of hours contact details and add below).
• If in the workplace, please self-isolate, inform your manager and they will assist in making contact with the Occupational Health service or if in a hospital setting, the Emergency Department to arrange testing if possible.

If you are well but have been in close contact with someone in your household who is waiting for a test or test results OR whose symptoms don’t fit the criteria for testing, you will be asked to limit your social interactions as much as possible for 14 days since your last contact with a case.

This means:
• You should limit their social interactions in so far as possible.
• This means leaving home only to travel to and from work, to travel directly between work and home, without diversion.
• This means staying at home when not at work.
• Where possible, arrange your groceries online or have some family or friends drop it off to the house.
• You must adhere to national guidance on social distancing and restricted movement
- You can go outside on your own for walks, runs or cycles.
- You should not use public transport.
- You should avoid contact with at risk or highly vulnerable people https://www2.hse.ie/conditions/coronavirus/at-risk-groups.html.

These restrictions can be a source of stress for some people. There are many things that may help you cope better with the period of monitoring:

- **Set goals:** Setting goals and achieving them can give you a sense of control. The goals must be realistic in the given circumstances and could include writing a diary or learning new skills.
- **Keep active:** Read, write, play games, do crossword puzzles, sudokus, develop mind games to stimulate thinking, for example remember the plots of movies or passages from books. The possibilities are unlimited.
- **Look for or inject humour into the situation:** Even smiling and laughing inwardly can provide relief from anxiety and frustration.
- **Eat sufficiently and exercise as much as possible:** This will help keep the body strong and counteracts the physical effects of stress.
- **Actively use stress management techniques:** Physical relaxation techniques can reduce stress levels and are useful methods to manage pain and emotional turmoil. Most people are familiar with stress management techniques but not all use them in practice; however, this is the time to the use of such techniques.
- **Accept feelings:** Being in a stressful situation can cause a lot of different emotional reactions like anger, frustration, anxiety, regrets, second guessing yourself, self-blame etc. These feelings are normal reactions to an abnormal situation.

**Contact Details**

Occupational Health Service: ________________________
See [http://workwell.ie/contact-list/contact-your-local-occupational-health-service/](http://workwell.ie/contact-list/contact-your-local-occupational-health-service/)

GP Out of Hours: ________________________

Employee Assistance and Counselling Service Contact Details: ________________
See [https://healthservice.hse.ie/filelibrary/staff/employee-assistance-programme-contact-details-for-counsellors.pdf](https://healthservice.hse.ie/filelibrary/staff/employee-assistance-programme-contact-details-for-counsellors.pdf)

**Further Information**

Further information including frequently asked questions is available at the following link: [https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/frequentlyaskedquestions/](https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/frequentlyaskedquestions/)

Or you can contact the COVID-19 HCW helpdesk – **1850 420 420**
9am-6pm Mon-Fri; 10am-4pm Sat-Sun;