

INDIVIDUAL RISK ASSESSMENT AND MANAGEMENT FOR COVID-19

The Risk Assessment and Management charts are used to determine what your risk category is, as well as how to manage that risk. With the Risk Assessment chart, under all three exposure categories (Travel, Contact, VTH Exposure) determine your level of Risk (No/Unidentifiable, Low, Medium, High). Use the highest level of risk identified to determine what management criteria you should observe using the Management of Risk chart on the second page. This is not a substitute for personal medical advice. Please contact your physician with any questions relative to your personal health.

Risk Assessment				
<i>Use this chart to determine your risk level</i>				
	No/Unidentifiable Risk	Low Risk	Medium Risk	High Risk
Travel History	<ul style="list-style-type: none"> No travel 	<ul style="list-style-type: none"> Travel to/from an area without community spread Call New River Health District public health hotline to determine current status of travel area <p style="text-align: center;">VDH: (540) 267-8240</p>	<ul style="list-style-type: none"> Travel to/from any high risk area in the past 14 days Please check the websites listed below under “Maps” in “Additional Links and Resources” to see if your travel qualifies. These are for the VA-MD region. Maps for your state can be accessed through your state health department website. 	<ul style="list-style-type: none"> Travel to an area with widespread and/or sustained transmission in the past 14 days <i>Includes, but not limited to: China, Iran, South Korea, Most European Countries, UK, Ireland, NYC, Northern VA, Richmond</i>
Contact History	<ul style="list-style-type: none"> No contact with a symptomatic laboratory confirmed case of COVID-19, or contact that is not defined as higher risk, such as walking by a person or being briefly in the same room, or briefly exchanging a pet with a client during admit or discharge 	<ul style="list-style-type: none"> Being in the same indoor environment with a symptomatic laboratory confirmed case of COVID-19 for 5+ minutes, but not described by a higher risk 	<ul style="list-style-type: none"> Being within ~6 feet of a symptomatic laboratory confirmed case of COVID-19 for 5+ minutes; being coughed on or having any other contact with infectious secretions from a symptomatic COVID-19 confirmed case <i>and/or</i> Living with, being intimate with, or caring for a person with symptomatic laboratory- confirmed COVID-19 infection while consistently using recommended precautions for home care and home isolation 	<ul style="list-style-type: none"> Living with, being intimate with, or caring for a person with symptomatic laboratory-confirmed COVID-19 infection without consistently using recommended precautions for home care and home isolation
Veterinary Hospital Exposure	<ul style="list-style-type: none"> Less than 30 seconds of contact time with a client while wearing appropriate PPE Speaking with a client at a distance of 6ft for <5min Touching patient fur, porous surface (leash, blankets, halter) 	<ul style="list-style-type: none"> Being within 6 feet of a symptomatic client while wearing PPE for 5+ minutes Speaking with a client at a distance of less than 6ft for 5+ minutes 	<ul style="list-style-type: none"> Being within 6 feet of a symptomatic laboratory confirmed case while wearing PPE for 5+ minutes 	<ul style="list-style-type: none"> Being within 6 feet of a symptomatic laboratory confirmed case without wearing PPE for 5+ minutes

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Management of Risk

Use this chart for guidance on what to do after assessment of risk in the previous chart

	No/Unidentifiable Risk	Low Risk	Medium Risk	High Risk
No symptoms	<ul style="list-style-type: none"> • Able to work at CVM 	<ul style="list-style-type: none"> • Able to work at CVM 	<ul style="list-style-type: none"> • Do not enter the CVM or any vet clinic for 14 days • Self-isolation, social distancing • Travel should be postponed until no longer symptomatic • Monitor your health for the next 14 days: <ul style="list-style-type: none"> ○ Take temperature 2x/day ○ Remain alert for cough or difficulty breathing 	<ul style="list-style-type: none"> • Do not enter CVM or any vet clinic for 14 days • Quarantine for 14 days after returning home • No public activities • Monitor your health • No travel unless directed by authorities
Feels sick with any of the following: <ul style="list-style-type: none"> • Fever (>100.4 F) • Cough • Difficulty breathing 	<ul style="list-style-type: none"> • Do not enter the CVM • Self-isolation, social distancing • Travel should be postponed until no longer symptomatic 	<ul style="list-style-type: none"> • Do not enter the CVM • Self-isolation, social distancing • Seek medical advice to determine if evaluation is needed • Travel should be postponed until no longer symptomatic 	<ul style="list-style-type: none"> • Do not enter the CVM • Self-isolation, social distancing • Seek medical advice. Call ahead before going to a doctor's office or emergency room. Tell them about your recent travel, any contact exposure, and your symptoms • Stay home, except to get medical care if needed 	<ul style="list-style-type: none"> • Do not enter the CVM • Self isolation • Seek medical advice. Call ahead before going to a doctor's office or emergency room. Tell them about your recent travel, any contact exposure, and your symptoms • Stay home, except to get medical care if needed

Return To Work Guidelines

If the above assessment indicates "Do not return to work", you should only reenter when:

- You have had no fever for at least 72 hours (three full days of no fever without the use of fever-reducing medicine)
AND
- Other symptoms have improved (for example, when your cough or shortness of breath have improved)
AND
- At least 7 days have passed since your symptoms first appeared

Additional Links and Resources

Maps	CDC Sources	CVM and NRV Specific Information
<ul style="list-style-type: none"> • COVID-19 case maps: Health Department maps from nearby states VA: http://www.vdh.virginia.gov/coronavirus/ NC: https://www.ncdhhs.gov/covid-19-case-count-nc MD: https://coronavirus.maryland.gov/ 	<ul style="list-style-type: none"> • Risk Assessment: www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html • "Steps when sick" https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html 	<ul style="list-style-type: none"> • VMCVM Intranet: https://intranet.vetmed.vt.edu/Covid19/Covid19Announcements • NRV Helpline: Please call for guidance if your specific situation is not answered by this document VDH: (540) 267-8240