

Best Practices for Symptomatic Patients –



Being symptomatic would win the “Most-Likely to Succeed” Award in spreading COVID-19 to others. Since COVID-19 symptoms can be very similar to normal or seasonal-like allergy or common cold symptoms we SHOULD NOT ignore them. Here are some best practices to consider in order to help stop the spread of COVID-19 and help navigate your situation.

1. Stay home if you noticed any recent COVID related symptoms (Fever, chills, difficulty breathing or shortness of breath, fatigue, body aches, headache, loss of taste/smell, sore throat, congestion, runny nose, nausea, or diarrhea)
 - a. Communicate with your supervisor if the above statement applies to you and let them know that you would like to await test results before returning to work
 - b. See if there is a work-from-home option
 - c. QIN Employee’s refer to active Cold & Flu Policy
2. If you think you’ve had exposure to COVID-19, self-report this inquiry to the QIN COVID Call Center – a staff member will help walk you through your situation and identify potential services
 - a. 360-276-2445 Hours: Monday-Friday 8AM-6PM & Saturday/Sunday 10AM-2PM
3. The QIN Incident Command Team or Grays Harbor County IMT are the only entities to identify you for official quarantine
 - a. Quarantine for symptomatic patients and COVID-19 exposures need to be verified by ICT

Thank you for doing your communal duty to help prevent the spread of COVID-19!