

# HEALTH ADVISORY

## Self-Assessment for Risk of COVID-19

Date: **March 18, 2020**

Advisory No.: **04\_2020**

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

According to World Health Organization, the current incubation period of COVID-19 ranges from 1-12.5 days. These estimates can change as new information is being shared with the Department of Health (DOH). Based on what we know about other coronavirus diseases, such as MERS and SARS, their incubation period reaches up to 14 days. With COVID-19, WHO recommends to monitor contacts of confirmed cases for **14 days**.

**If you suspected that you or someone you know had contracted the virus, conduct self-risk assessment**

### 1. Observed for possible Symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. The following symptoms may appear **2-14 days after exposure**.



### 2. Review the DOH Triage / Decision Tool for COVID-19

DOH provide a triage or decision tool that can also be used for self-assessment to identify if an individual will be classified under PUM (Person Under Monitoring) or PUI (Person Under Investigation) and what are the actions needed to be taken to prevent the spread of the virus and to protect one's health. The DOH triage or decision tool for COVID-19 was summarized below:

	PUM (Person Under Monitoring)	PUI (Person Under Investigation)
<b>Scenario 1</b>	<input type="checkbox"/> History of travel in a country with reported local transmission within 14 days	<input type="checkbox"/> Has symptoms similar to COVID-19 <input type="checkbox"/> History of travel in a country with reported local transmission within 14 days <input type="checkbox"/> Symptoms occur within 14 days of exposure
<b>Scenario 2</b>	<input type="checkbox"/> Exposure or closed contact with confirmed COVID-19 case. Any of the following: <ul style="list-style-type: none"> <li>▪ Providing direct care without proper PPE to confirmed COVID-19 patient</li> <li>▪ Staying in the same close environment (including workplace, classroom, household, gathering)</li> <li>▪ Travelling together in close proximity (1 meter or 3 feet in any kind of conveyance)</li> </ul> <input type="checkbox"/> Visited or residence of an area with reported local transmission	<input type="checkbox"/> Exposure or closed contact with confirmed COVID-19 case. Any of the following: <ul style="list-style-type: none"> <li>▪ Providing direct care without proper PPE to confirmed COVID-19 patient</li> <li>▪ Staying in the same close environment (incl. workplace, classroom, household, gathering)</li> <li>▪ Travelling together in close proximity (1 meter or 3 feet in any kind of conveyance)</li> </ul> <input type="checkbox"/> Visited or residence of an area with reported local transmission <input type="checkbox"/> Symptoms occur within 14 days of exposure
<b>Actions</b>	Advise to follow the home quarantine instruction provided by Department of Health (DOH) for 14 days	Call the Department of Health (DOH) hotline for evaluation if the patient has mild or severe manifestation and for referral to health facility.  If a person develop <b>emergency warning signs</b> for COVID-19, get <b>medical attention immediately</b> . This includes but not limited to the following: difficulty in breathing, persistent pain or pressure in the chest, bluish lips.

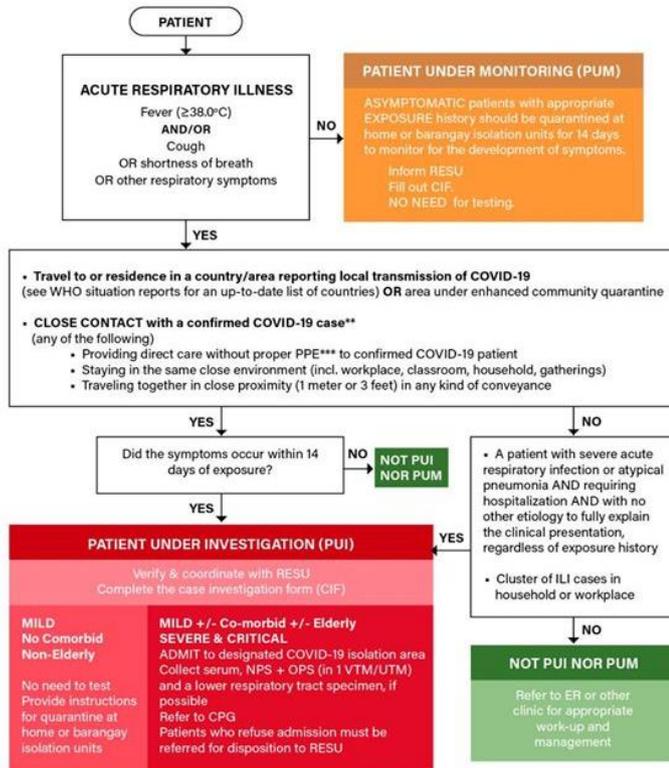
**COVID-19 can be caught from a person who has NO symptoms?**

The risk of getting COVID-19 from a person without any signs and symptoms is **very low**. Remember, COVID-19 is only spread through respiratory droplets coughed by an infected person. Therefore, if an infected person does not cough, he/she most likely will not infect others. However, many infected persons only experience mild symptoms. This is particularly true at the early stages of the disease. It is therefore possible to get COVID-19 from an infected person with mild cough but is not feeling ill.

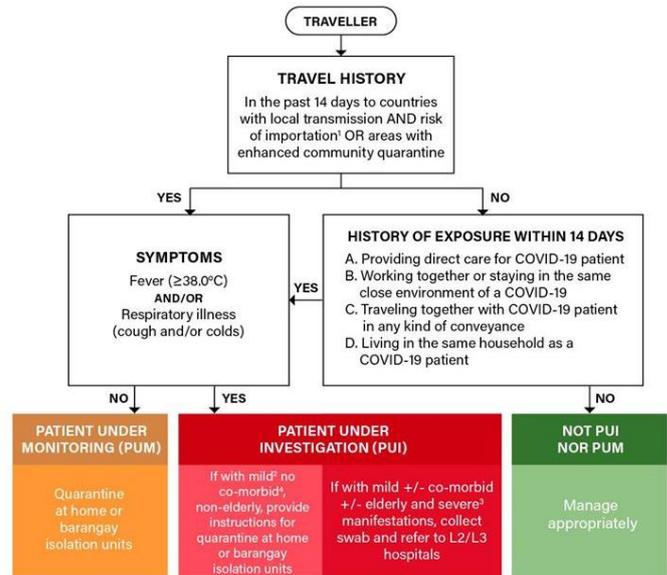
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**Algorithm for Triage of Patient with Possible COVID-19 Infection in Healthcare Facilities**



**Algorithm for Triage of Patient with Possible COVID-19 Infection in Port of Entry**



### 3. Call the DOH COVID-19 Emergency Hotline

OPEN TO ALL CALLERS NATIONWIDE:  
**(02) 894-COVID**  
 (02) 894-26843

FOR PLDT, SMART, SUN,  
 AND TNT SUBSCRIBERS:  
**1555**

DOH launched the DOH COVID-19 emergency hotlines 02-894-COVID (02-894-26843) and 1555 in partnership with the National Emergency Hotline of the DILG, and PLDT and its wireless subsidiary Smart Communications Inc.

Through the hotline, Callers can ask questions if they suspect they are infected with COVID-19, or request assistance if they have symptoms and/or known exposure to confirm cases or patients under investigation. The information collected from emergency calls is transmitted to the COVID-19 Emergency Operations Center and other relevant agencies for immediate facilitation and response.

Below are some of the DoH regional numbers where our plants are located (near or within). **Each site must know their own DoH regional hotlines for any issues or concerns related to COVID-19.**

	Landline	Smart	Globe
Davao	(082) 305-1903 local 1169	+639081710468	+639568735621
Iligan City	--	+639977262692 /881 & 882	+639156027917
Bulacan	--	+639983242261	--
La Union	--	+639088738451	+639958653945
Bacolod City	(34) 432-3871 to 73	+639518747248	+639163198925