

Return to Research Guidelines for Individual Health/Symptom Monitoring

1. Generally, everyone who is working at the UI needs to develop a cautious mindset:
 - Assume that others you come into contact with throughout your workday/shift may be carriers of the Covid-19 virus.
 - Assume you may be an asymptomatic carrier of the Covid-19 virus.
 - Assume the spread of the virus may have already occurred in the physical environment.
2. Individuals working at the university should follow the Centers for Disease Control and Prevention guidelines and recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
 - Keep a minimum of six feet between you and other individuals while at work.
 - Wash and sanitize your hands frequently throughout the workday/shift, especially after touching frequently used surfaces.
 - Clean and disinfect frequently touched surfaces directly.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Cover coughs and sneezes and wash hands.
 - Cover your mouth and nose with a cloth face cover when around others.
3. Supervisors should create plans that follow these guidelines for employees and work areas:
 - Everyone on campus is to maintain a minimum of six feet separation throughout the day when arriving and departing from work, during breaks, in locker rooms, when in or on motorized vehicles, and throughout the workday.
 - Supervisors should assign only work that can be accomplished with no less than six feet between individuals. Employees are to conduct their work assignments while maintaining a minimum of six feet separation from other individuals.
 - If work assignments are necessary that will require working in close contact with others (six feet or less), supervisors will detail safety actions, including wearing a face mask and/or face shield.
 - Even when maintaining a six feet distance from other individuals, unless otherwise indicated, applicable face coverings, such as cloth face masks must be worn by all building occupants throughout the workday when around others. In accordance with CDC and University guidelines.
 - Develop a personal transportation plan that minimizes proximity to other people.
4. Do NOT return to work if you are experiencing any COVID-19 symptoms. Some COVID-related symptoms are in the list below. No single symptom is a perfect indicator, and we urge personnel to err on the side of caution: <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus/Public>.
 - Fever
 - Shortness of breath
 - Muscle pain
 - Sore throat
 - Cough
 - Difficulty breathing
 - Chills
 - Loss of taste or smell
5. If you come to work and start showing any possible symptoms of illness, you must leave as soon as possible and inform your PI and/or local HR leader.
6. If you or someone you live with has these symptoms, then speak with your supervisor about self-isolating.
7. Steps for Self-Reporting COVID-19 Diagnosis to the University (Employees and Supervisors)
https://coronavirus.uiowa.edu/sites/coronavirus.uiowa.edu/files/2020-05/COVID19_Self_Reporting_Diagnosis_050620.docx
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