



COVID-19 Exposure Guidelines for Return to Work: Definitions

Definitions:

- **Close contact** - being within approximately 6 feet of a person for a **cumulative time of 15 minutes or more over a 24 hours period** (time limit does not apply for aerosol generating procedures (AGP), any duration of exposure to AGP is considered a close encounter) OR having direct unprotected contact with infectious secretions (ex: coughing directly into the face of the exposed individual) or excretions.
- **Exposure** - close contact with a person with COVID-19, including 48-72 hours prior to their symptom onset.
- Exposure Risk Level of Provider and person with COVID-19 PPE coverage:

	Person with COVID-19			<div style="display: flex; flex-direction: column; gap: 5px;"> <div style="display: flex; align-items: center;"> High-risk, quarantine needed</div> <div style="display: flex; align-items: center;"> Lower-risk, review needed</div> <div style="display: flex; align-items: center;"> Low-risk, no quarantine</div> </div>
	No mask	Cloth covering or facemask	AGP	
Provider with no mask				
Provider + facemask				
Provider + facemask + eye protection				
Provider + full MEGG			N95 equivalent	

- Persons with COVID-19 may be symptomatic or asymptomatic.
- Masks for persons with COVID-19 can be cloth face covering, facemasks (or surgical masks), or respirators, which reduce transmission. Cloth masks are not adequate as PPE for providers.
- For AGPs, providers must wear a respirator (N95, P100) for adequate protection. Red boxes indicate high-risk scenarios due to exposure of provider eyes, nose, mouth to virus.
- Yellow box indicates lower-risk, but quarantine may be necessary depending on circumstances.
- *Universal Source Control Measures: cloth face coverings or facemasks universally recommended for everyone in a facility, because of the potential for asymptomatic and pre-symptomatic transmission, even if they do not have symptoms of COVID-19.*
- **Symptoms** - include the following: fever, chills, cough, muscle or body ache, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, and diarrhea.
 - Symptoms may appear 2-14 days after exposure. Median time 4-5 days.
- **AGP** – Aerosol Generating Procedures
 - AGP include the following: open suctioning of airway, sputum induction, CPR, intubation, non-invasive ventilation (CPAP/BIPAP), manual ventilation (BVM); further evidence is needed, but risk is suggested for: nebulizer administration and high flow O2 delivery.
- **Quarantine** – people who are not currently showing symptoms, but are increased risk from exposure and potentially pre-symptomatic, and need to stay away from others to prevent spread
- **Isolation** – people who are currently ill with symptoms, and able to spread disease and potential need to stay away from others to prevent spread
- **PCR testing** – refers to use of RT-PCR testing by swab to detect SARS-CoV-2 RNA. Serological testing (antibody testing) should not be used to determine infection or immunity.
- **POCCT** – refers to point-of-care COVID testing with FDA-approved rapid antigen testing performed by each crew member

References:

1. CDC *Criteria for Return to Work for Healthcare Personnel with Suspected or Confirmed COVID-19 (Interim Guidance)*. Updated May 5, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>
2. CDC *Interim U.S. Guidance for Risk Assessment and Work Restrictions for Healthcare Personnel with Potential Exposure to COVID-19*. Updated June 18, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>
3. CDC *Interim Infection Prevention and Control Recommendation for Healthcare Personnel During the Coronavirus Disease 2019 (COVID-19) Pandemic*. Updated July 9, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>
4. CDC FAQ for Aerosol generating procedures. https://www.cdc.gov/coronavirus/2019-ncov/hcp/faq.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhcp%2Finfection-control-faq.html#Transmission
5. CDC *Strategies to Mitigate Healthcare Personnel Staffing Shortages*. Updated April 30, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html>
6. CDC *Interim Clinical Guidance for Management of Patients with Confirmed Coronavirus Disease (COVID-19)*. Updated June 30, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html>
7. CDC *Duration of Isolation and Precautions for Adults with COVID-19*. <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>



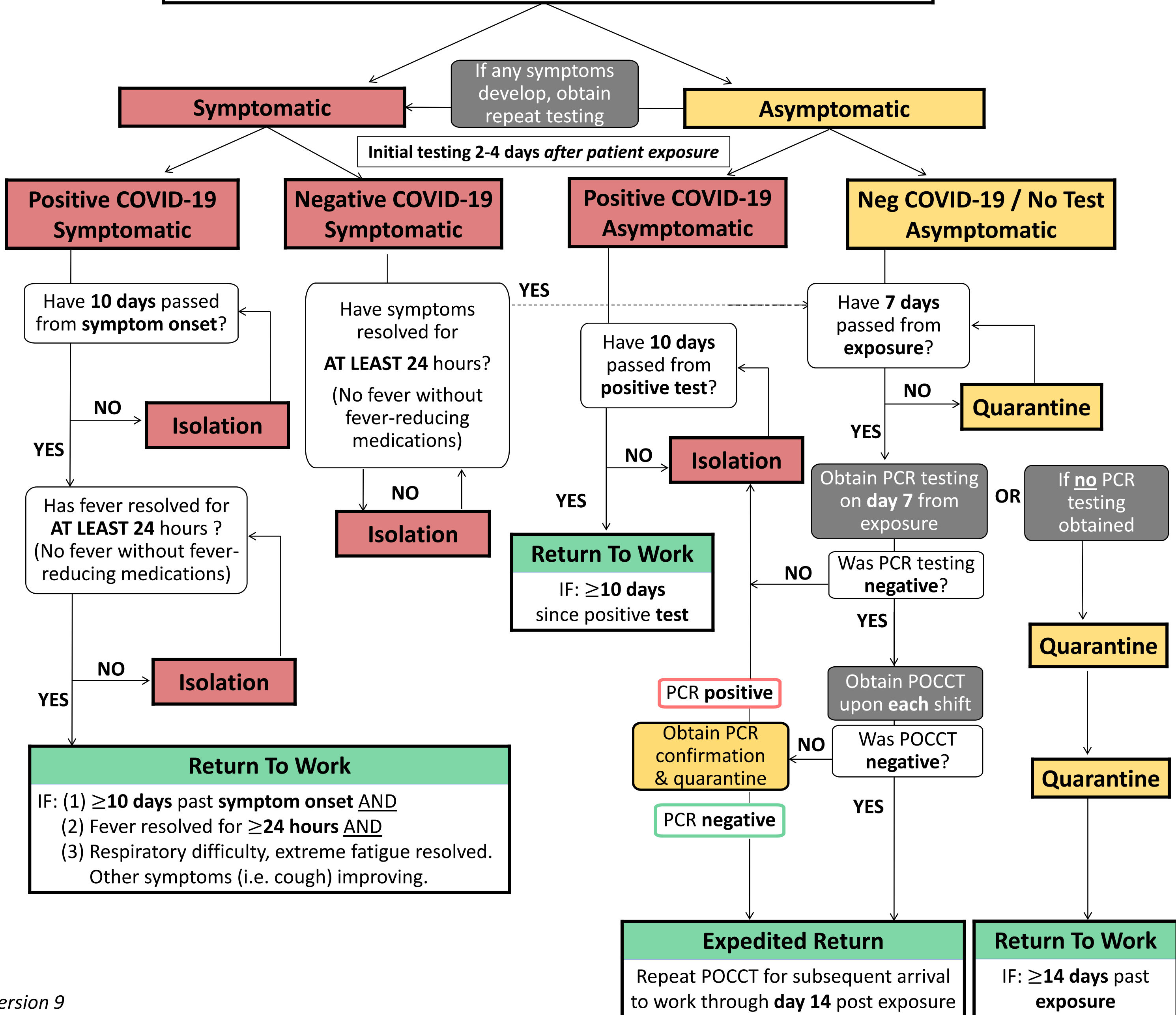
COVID-19 Exposure Guidelines for Return to Work: Known Exposure from Patient Encounter

Confirmed High-Risk COVID-19 Exposure from Patient Encounter

This algorithm is for known close contact high-risk exposure to a patient with COVID-19.

- **Enter into Symptom Tracker** and monitor symptoms daily AND
- **Quarantine** while potentially pre-symptomatic:
 - FULL 14 days of quarantine OR
 - EXPEDITED RETURN *IF* 1) PCR testing on day 7 returns negative AND 2) subsequent POCCT is negative upon subsequent return to work.

Isolation
Quarantine
No Restriction





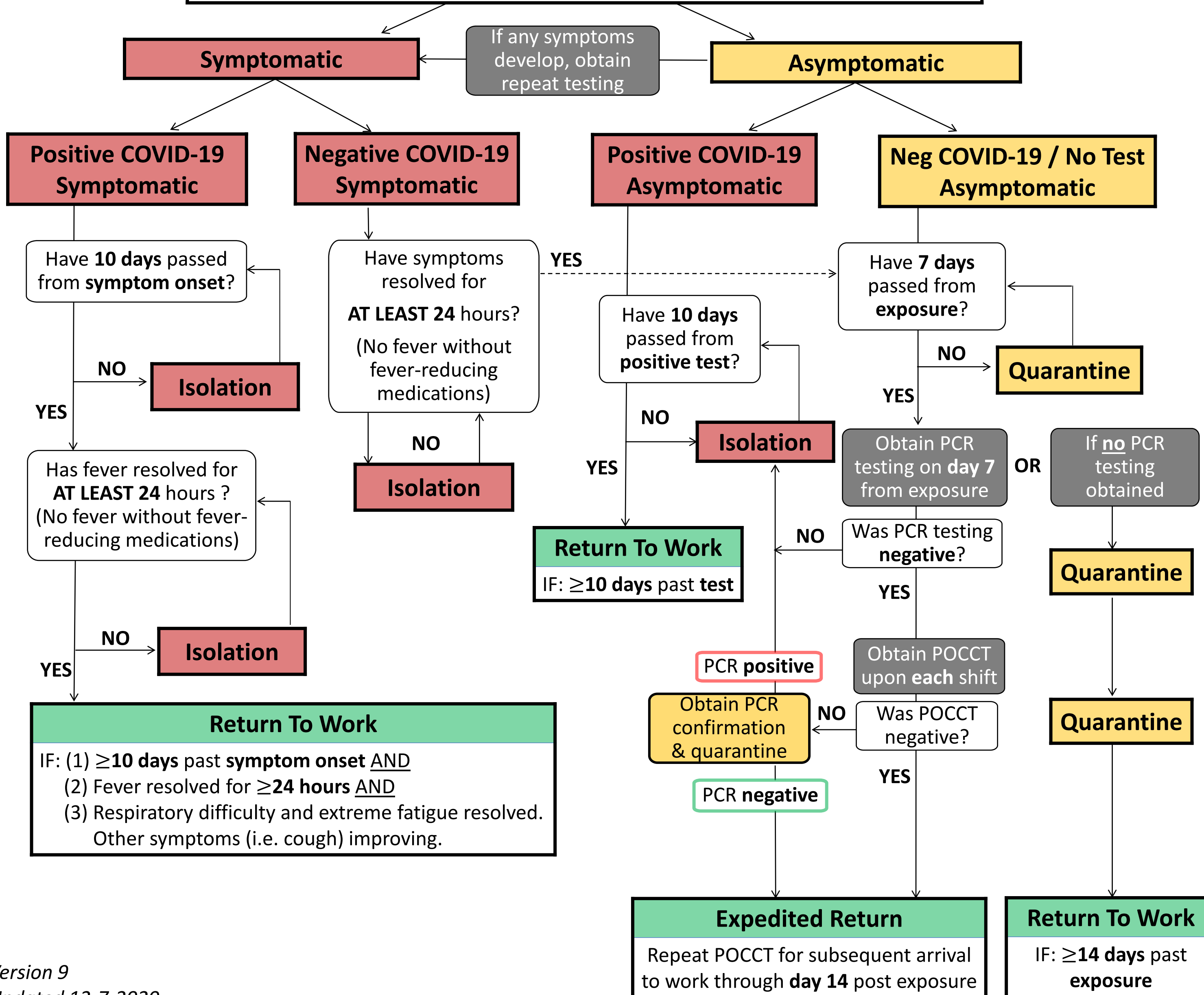
COVID-19 Exposure Guidelines for Return to Work: Known Exposure from Non-Patient Encounter

Confirmed High-Risk COVID-19 Exposure from NON-Patient Encounter

This algorithm is for a known close contact high-risk exposure to non-patient source (co-worker, household, community) with COVID-19.

- Enter into **Symptom Tracker** and monitor symptoms daily, AND
- Obtain **COVID-19 gold standard PCR testing as soon as possible** (within 1-2 days of exposure if possible), regardless of symptom status. Goal of early testing is contact tracing to identify the upstream source of the confirmed COVID-19 infection, AND
- **Quarantine** while potentially pre-symptomatic:
 - FULL 14 days of quarantine OR
 - EXPEDITED RETURN IF 1) PCR testing on day 7 returns negative AND 2) subsequent POCCT is negative upon return to work.

- Isolation
- Quarantine
- No Restriction





COVID-19 Exposure Guidelines for Return to Work: No Known Exposure

