



# COVID-19 Exposure Guidelines for Return to Work: Definitions

## Definitions:

- **Close contact** - being within approximately 6 feet of a person for 15 minutes or more (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. (1)
- **Exposure** - close contact with a person with COVID-19, including 48 hours prior to their symptom onset.
- Exposure Risk Level of Provider and person with COVID-19 PPE coverage:

	Person with COVID-19			
	No mask	Cloth covering or facemask	AGP	
Provider with no mask				<div style="display: flex; flex-direction: column; gap: 10px;"> <div style="display: flex; align-items: center;"><span style="width: 15px; height: 15px; background-color: red; margin-right: 5px;"></span> High-risk, 14 day quarantine</div> <div style="display: flex; align-items: center;"><span style="width: 15px; height: 15px; background-color: yellow; margin-right: 5px;"></span> Lower-risk, review needed</div> <div style="display: flex; align-items: center;"><span style="width: 15px; height: 15px; background-color: green; margin-right: 5px;"></span> Low-risk, no quarantine</div> </div>
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. (2)
- 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. (2)
- 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.* (3)
- **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 (6)
  - Symptoms may appear 2-14 days after exposure. Median time 4-5 days. One study reported that 97.5% who get symptoms will show them within 11.5 days of infection. (6)
- **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. (4)
- **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.

## 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>, Accessed 05/12/2020.
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-assessment-hcp.html>, Accessed 7/11/2020.
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>, accessed 7/11/2020.
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](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), accessed 7/11/2020.
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>, accessed 05/12/2020.
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>, accessed 7/11/2020.
7. CDC Duration of Isolation and Precautions for Adults with COVID-19. Updated July 17, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>, accessed 7/18/2020.



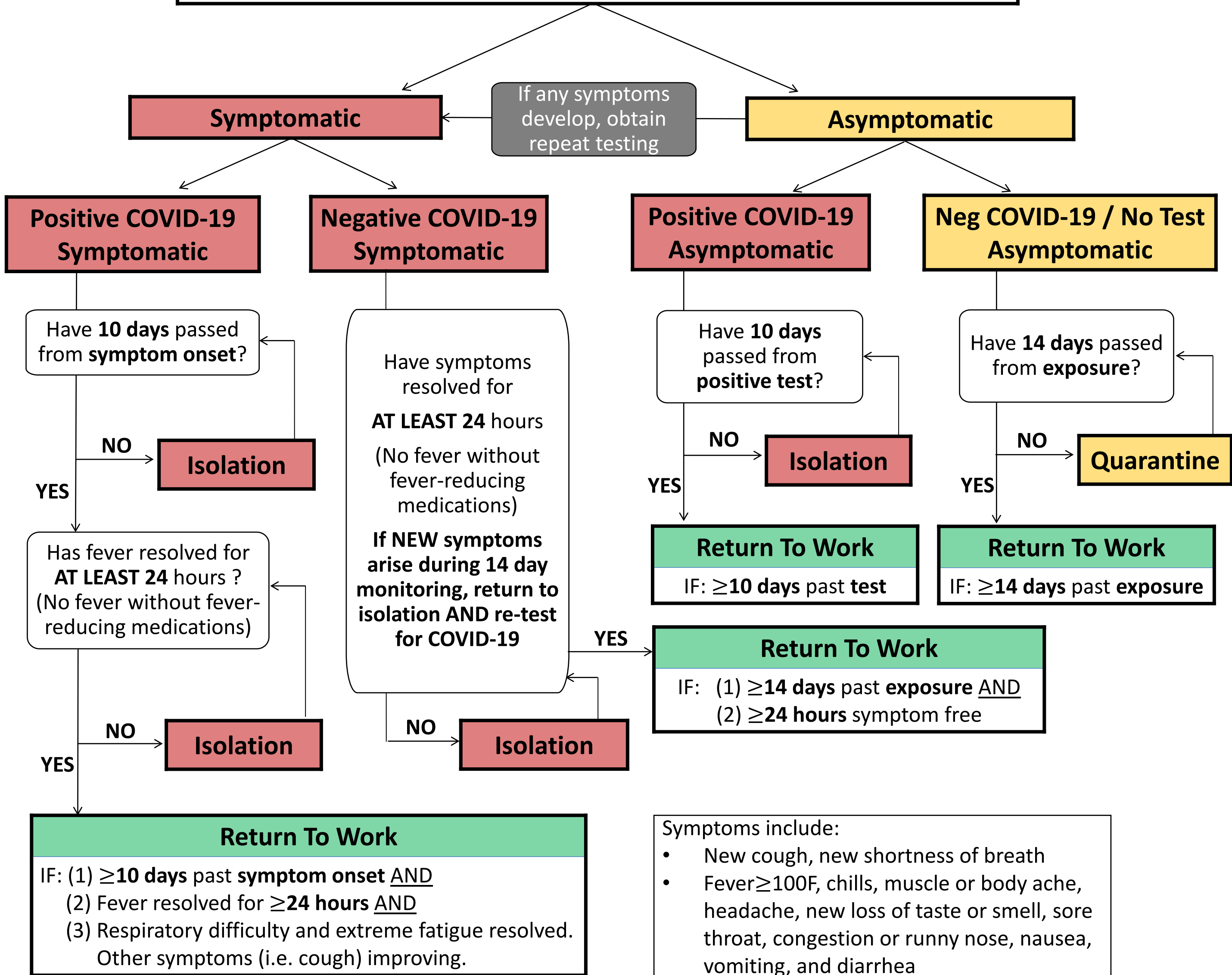
# COVID-19 Exposure Guidelines for Return to Work: Known Exposure from Patient Encounter

**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.

- Quarantine for **14 days** while potentially pre-symptomatic **AND**
- Enter into **Symptom Tracker** and **monitor symptoms daily**
- Obtain **COVID-19 PCR testing after 48 hours from exposure regardless of symptom status**. Symptoms can develop 2-14 days after exposure. Testing should be obtained greater than 2 days from incident.

- Isolation
- Quarantine
- No Restriction



Symptoms include:

- New cough, new shortness of breath
- Fever  $\geq 100^{\circ}\text{F}$ , chills, muscle or body ache, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, and diarrhea



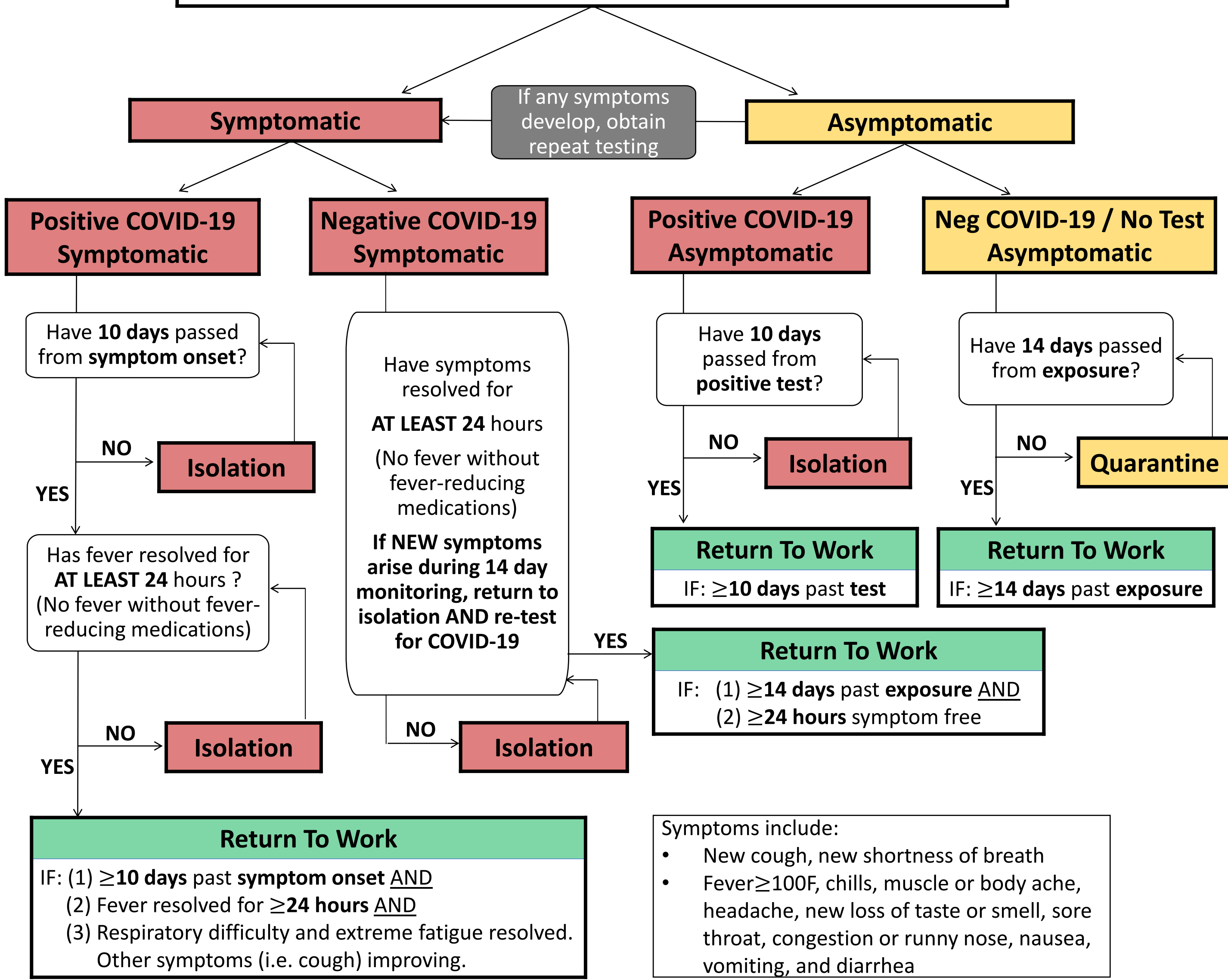
# COVID-19 Exposure Guidelines for Return to Work: Known Exposure from Non-Patient Encounter

## 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.

- **Quarantine for 14 days** while potentially pre-symptomatic AND
- **Enter into Symptom Tracker** and monitor symptoms daily
- **Obtain COVID-19 PCR testing as soon as possible (within 1-2 days of exposure if possible), regardless of symptom status.** The goal of early testing is contact tracing to identify the upstream source of the confirmed COVID-19 infection.

- Isolation
- Quarantine
- No Restriction



Symptoms include:

- New cough, new shortness of breath
- Fever  $\geq 100^{\circ}\text{F}$ , chills, muscle or body ache, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, and diarrhea



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

