

CDC COVID-19 EXPOSURE PROTOCOLS FOR EMERGENCY OPERATIONS PERSONNEL AS OF MARCH 20, 2020

REMEMBER: YOU WILL NOT ALWAYS KNOW IN ADVANCE THAT YOUR PATIENT HAS COVID-19 SO ASSUME ALL PATIENTS HAVE THE VIRUS!

Close contact that constitutes a healthcare exposure is defined as follows:

Being within 6 feet (2 meters), of a person with COVID-19 for a prolonged period of time, such as providing patient care
 -OR- having unprotected direct contact with infectious secretions or excretions of the patient.

TABLE 1 -- Characterization of exposures, actions to be taken:

EXPOSURE LEVEL (SEE TABLE 4)	PRESCRIBED ACTION
LOW RISK EXPOSURE	EMPLOYEE REMAINS ON DUTY, NO RESTRICTIONS, SELF MONITORING OF TEMPERATURE AND SYMPTOMS. IF SYMPTOMS DEVELOP, PUT ON MASK, CONTACT SUPERVISOR, AND GO SEE HEALTHCARE PROVIDER PROMPTLY. DOCTOR RELEASE IS REQUIRED TO RETURN TO WORK.
HIGH RISK EXPOSURE	EMPLOYEE TAKEN OFF DUTY, SENT HOME AND DIRECTED TO WEAR MASK AND ISOLATE WITH ACTIVE TEMPERATURE AND SYMPTOM MONITORING FOR 14 DAYS. IF THE EMPLOYEE BECOMES SYMPTOMATIC, SEE PHYSICIAN PROMPTLY. DOCTOR RELEASE IS REQUIRED TO RETURN TO WORK
MEDIUM RISK EXPOSURE	FOLLOW HIGH RISK EXPOSURE PROTOCOL FOR THESE CASES AS WELL (SEE HIGH RISK EXPOSURE, ABOVE) NOTE: IF STAFFING IS DEPLETED, MAY CONSIDER HAVING EMPLOYEE REMAIN ON DUTY, WEAR MASK, ACTIVE TEMPERATURE AND SYMPTOM MONITORING (THIS OPTION REQUIRES MEDICAL DIRECTOR CONSULTATION) IF EMPLOYEE BECOMES SYMPTOMATIC THEN THEY NEED TO SEE THEIR HEALTHCARE PROVIDER PROMPTLY

TABLE 2 -- Monitoring recommendations based on exposure risk:

EXPOSURE RISK	ASYMPTOMATIC	SYMPTOMATIC
<p>High- and Medium-risk Exposure Category</p>	<p>Undergo Active self-monitoring, including restriction from work in any healthcare setting until 14 days after their last exposure as long as they remain asymptomatic. IF SYMPTOMS DEVELOP, IMMEDIATELY SELF ISOLATE.</p> <p>“Active self-monitoring” means you are staying in contact with your physician regarding any change in symptoms or fever.</p>	<p>If they develop any fever (measured temperature >100.0 F or subjective fever) OR respiratory symptoms consistent with COVID-19 (e.g., cough, shortness of breath, sore throat) they should immediately self-isolate (separate themselves from others) and notify their local public health authority and employer promptly so that they can coordinate consultation and referral to a healthcare provider for further evaluation.</p> <p>* Fever is either measured temperature ≥ 100.0 F or subjective fever. Note that fever may be intermittent or may not be present in some patients. Clinical judgement should be used to guide testing of patients in such situations. Respiratory symptoms consistent with COVID-19 are cough, shortness of breath, and sore throat.</p>
<p>Low-risk Exposure Category</p>	<p>Perform self-monitoring until 14 days after the last potential exposure. Asymptomatic employees in this category are not restricted from work. Check temperature twice daily and remain alert for respiratory symptoms consistent with COVID-19 (e.g., cough, shortness of breath, sore throat). They should ensure they are afebrile and asymptomatic before leaving home and reporting for work. If they do not have fever or respiratory symptoms they may report to work.</p>	<p>If they develop any fever (measured temperature >100.0 F or subjective fever) OR respiratory symptoms consistent with COVID-19 (e.g., cough, shortness of breath, sore throat)* they should immediately self-isolate (separate themselves from others) and notify their local public health authority and employer promptly so that they can coordinate consultation and referral to a healthcare provider for further evaluation</p>

TABLE 3 -- On- and off-duty actions to be taken regarding testing and symptom status:

TESTING/SYMPTOMS STATUS	OFF-DUTY ACTIONS	ON-DUTY ACTIONS
<p>Employee TESTED, determined to HAVE COVID-19 and is SHOWING ANY SYMPTOMS (fever, cough, sore throat, respiratory symptoms, flu-like symptoms, etc.)</p>	<p>Do NOT come to work</p> <p>Employee should put on mask and see their healthcare provider as soon as possible advising them in advance they have COVID-19</p> <p>A doctor release is REQUIRED to return to work</p> <p>In this case, cannot return to work until at least 7 days since start of symptoms and complete resolution of symptoms for at least 72 hours</p>	<p>Employee masked, taken off duty, sent home and directed to isolate and contact healthcare provider as soon as possible advising them they are experiencing symptoms and are positive for COVID-19.</p> <p>A doctor release is REQUIRED to return to work</p> <p>In this case, cannot return to work until at least 7 days since start of symptoms and complete resolution of symptoms for at least 72 hours</p>
<p>Employee SHOWING ANY SYMPTOMS consistent with COVID-19 (fever, cough, sore throat, respiratory symptoms, flu-like symptoms, etc.), has NOT BEEN TESTED and has NO KNOWN EXPOSURE</p>	<p>Remain at home and isolate with mask</p> <p>Contact healthcare provider as soon as possible advising them they are experiencing symptoms and, as a first responder (or disaster service worker in case of admin staff), they are requesting testing.</p> <p>If tests positive for COVID-19, NEEDS DOCTOR RELEASE to return to work. May not return to work until at least 7 days since start of symptoms and complete resolution of symptoms for at least 72 hours</p> <p>If negative for COVID-19 (or alternate diagnosis present, e.g. influenza or other viral testing positive etc.) then OK to return to work with DOCTOR RELEASE once all symptoms are completely resolved</p>	<p>Employee masked, taken off duty, sent home and directed to isolate and contact healthcare provider as soon as possible advising them they are experiencing symptoms and, as a first responder (or disaster service worker in case of admin staff), they are requesting testing.</p> <p>If tests positive for COVID-19, NEEDS DOCTOR RELEASE to return to work. May not return to work until at least 7 days since start of symptoms and complete resolution of symptoms for at least 72 hours</p> <p>If negative for COVID-19 (or alternate diagnosis present, e.g. influenza or other viral testing positive) then OK to return with DOCTOR RELEASE once all symptoms are completely resolved for at least 72 hours</p>

	for at least 72 hours	
Employee SHOWING ANY SYMPTOMS consistent with COVID-19, (fever, cough, sore throat, respiratory symptoms, flu-like symptoms, etc.), has NOT BEEN TESTED , but there was a KNOWN EXPOSURE	<p>Remain at home and isolate with mask</p> <p>Contact healthcare provider as soon as possible advising them they are experiencing symptoms and, as a first responder (or disaster service worker in case of admin staff), they are requesting testing.</p> <p>If tests positive for COVID-19, NEEDS DOCTOR RELEASE to return to work. May not return to work until at least 7 days since start of symptoms and complete resolution of symptoms for at least 72 hours</p> <p>If negative for COVID-19 (or alternate diagnosis present, e.g. influenza or other viral testing positive etc.) then OK to return to work once all symptoms are completely resolved for at least 72 hours</p>	<p>Employee masked, taken off duty, sent home and directed to isolate and contact healthcare provider as soon as possible advising them they are experiencing symptoms and, as a first responder (or disaster service worker in case of admin staff), they are requesting testing.</p> <p>If tests positive for COVID-19, NEEDS DOCTOR RELEASE to return to work. May not return to work until at least 7 days since start of symptoms and complete resolution of symptoms for at least 72 hours</p> <p>If negative for COVID-19 (or alternate diagnosis present, e.g. influenza or other viral testing positive etc.) then OK to return to work once all symptoms are completely resolved for at least 72 hours</p>
Employee showing NO SYMPTOMS , but EXPOSED to someone with any symptoms consistent with COVID-19 (fever, cough, sore throat, respiratory symptoms, flu-like symptoms, etc.)	<p>Employees in this category with MEDIUM RISK or HIGH RISK exposures MUST REMAIN AT HOME and perform ACTIVE monitoring.</p> <p>Employees in this category with LOW RISK exposures are NOT RESTRICTED FROM WORK and perform self-monitoring.</p> <p>Monitoring (active or self) must be continued until 14 days after the last potential exposure.</p> <p>Self-monitoring MUST INCLUDE checking their temperature twice daily and remaining alert for ANY</p>	<p>Employees in this category with MEDIUM RISK or HIGH RISK exposures MUST REMAIN AT HOME and perform ACTIVE monitoring.</p> <p>Employees in this category with LOW RISK exposures are NOT RESTRICTED FROM WORK and perform self-monitoring.</p> <p>Monitoring (active or self) must be continued until 14 days after the last potential exposure.</p> <p>Self-monitoring MUST INCLUDE checking their temperature twice daily and remaining alert for ANY</p>

	<p>respiratory symptoms consistent with COVID-19 (fever, cough, sore throat, respiratory symptoms, flu-like symptoms, etc.)</p> <p>In case of development of symptoms, place a mask if available and promptly report to supervisor.</p> <p>Employees must ensure they are FEVER FREE and WITHOUT ANY SYMPTOMS before reporting for work.</p>	<p>respiratory symptoms consistent with COVID-19 (fever, cough, sore throat, respiratory symptoms, flu-like symptoms, etc.),</p> <p>In case of development of symptoms, immediately place a mask and promptly report to supervisor.</p> <p>Employees must ensure they are FEVER FREE and WITHOUT ANY SYMPTOMS before reporting for work.</p>
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TABLE 4-- Key CDC PPE Table

Epidemiologic risk factors IF PATIENT WAS WEARING A FACE MASK	Exposure category	Recommended Monitoring for COVID-19 (until 14 days after last potential exposure)	Work Restrictions for Asymptomatic HCP
Employee PPE: None	Medium	Active (remain in contact with Physician)	Exclude from work for 14 days after last exposure***
Employee PPE: Not wearing a facemask or respirator	Medium	Active (remain in contact with physician)	Exclude from work for 14 days after last exposure***
Employee PPE: Not wearing eye protection	Low	Self	None
Employee PPE: Not wearing gown or gloves*	Low	Self	None
Employee PPE: Wearing all recommended PPE (mask, gloves, gown, eye protection)	Low	Self	None
Epidemiologic risk factors IF PATIENT WAS NOT WEARING A FACE MASK	Exposure category	Recommended Monitoring for COVID-19 (until 14 days after last potential exposure)	Work Restrictions for Asymptomatic HCP
Employee PPE: None	High	Active (remain in contact with physician)	Exclude from work for 14 days after last exposure
Employee PPE: Not wearing a facemask or respirator	High	Active (remain in contact with physician)	Exclude from work for 14 days after last exposure
Employee PPE: Not wearing eye protection**	Medium	Active (remain in contact with physician)	Exclude from work for 14 days after last exposure***
Employee PPE: Not wearing gown or gloves*/**	Low	Self	None
Employee PPE: Wearing all recommended PPE (mask, gloves, gown, eye protection)**	Low	Self	None

*Exposure category moves to next higher level if there was extensive body contact with patient, (e.g. rolling the patient)

**Exposure category moves to next higher level if personnel performed, or was present for (less than 6 feet from), a high-risk procedure (CPR, intubation, nebulizer etc.)

***During periods of critical shortage in personnel, may consider allowing medium risk, asymptomatic exposures to remain working with mask and self-monitoring. If personnel were to develop any symptoms they would need to immediately contact supervisor and be released from work.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

