



Exposure Risk and Return to Work Guidelines for Public Safety

Exposure Risk Classification:

Table 1: Epidemiologic Risk Classification for Asymptomatic Healthcare Personnel Following Exposure to Patients with 2019 Novel Coronavirus (2019-nCoV) Infection or their Secretions/Excretions in a Healthcare Setting, and their Associated Monitoring and Work Restriction Recommendations

| Epidemiologic risk factors | Exposure category | Recommended Monitoring for COVID-19 (until 14 days after last potential exposure) | Work Restrictions for Asymptomatic HCP |
|--|-------------------|---|--|
| Prolonged close contact with a COVID-19 patient who was wearing a facemask (i.e., source control) | | | |
| HCP PPE: None | Medium | Active | Exclude from work for 14 days after last exposure ^a |
| HCP PPE: Not wearing a facemask or respirator | Medium | Active | Exclude from work for 14 days after last exposure ^a |
| HCP PPE: Not wearing eye protection | Low | Self with delegated supervision | None |
| HCP PPE: Not wearing gown or gloves ^b | Low | Self with delegated supervision | None |
| HCP PPE: Wearing all recommended PPE (except wearing a facemask instead of a respirator) | Low | Self with delegated supervision | None |
| Prolonged close contact with a COVID-19 patient who was not wearing a facemask (i.e., source control) | | | |
| HCP PPE: None | High | Active | Exclude from work for 14 days after last exposure ^a |
| HCP PPE: Not wearing a facemask or respirator | High | Active | Exclude from work for 14 days after last exposure ^a |
| HCP PPE: Not wearing eye protection ^b | Medium | Active | Exclude from work for 14 days after last exposure ^a |
| HCP PPE: Not wearing gown or gloves ^{b,c} | Low | Self with delegated supervision | None |
| HCP PPE: Wearing all recommended PPE (except wearing a facemask instead of a respirator) ^c | Low | Self with delegated supervision | None |

HCP=healthcare personnel; PPE=personal protective equipment

^a In the event that community transmission is ongoing, exclusion from work is not required for HCP at medium or high risk as long as they remain asymptomatic.

^b The risk category for these rows would be elevated by one level if HCP had extensive body contact with the patients (e.g., rolling the patient).

^c The risk category for these rows would be elevated by one level if HCP performed or were present for a procedure likely to generate higher concentrations of respiratory secretions or aerosols (e.g., cardiopulmonary resuscitation, intubation, extubation, bronchoscopy, nebulizer therapy, sputum induction). For example, HCP who were wearing a gown, gloves, eye protection and a facemask (instead of a respirator) during an aerosol-generating procedure would be considered to have a medium-risk exposure.

ACHD has eliminated the 14 day exclusion from work for MEDIUM risk exposures (employees with MEDIUM risk exposure must follow Return to work Guidelines highlighted on page 2)

Information current as of 4/6/2020. This information is a guide and does not replace consultation with ACHD for medium and high risk exposures.



Symptomatic Return to Work Guidelines for Public Safety

For Persons with COVID-19 Under Home Isolation OR have developed symptoms of COVID-19 (cough, shortness of breath or fever):

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions:

1. At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications **AND** improvement in respiratory symptoms (e.g., cough, shortness of breath);

AND

2. At least 7 days have passed since symptoms first appeared.

For example, if day 0 is the onset of illness, persons with COVID-19 that are well on day 3 and afebrile and feeling well for 72 hours must remain isolated until day 7. Someone with COVID-19 who is still symptomatic on day 7, and has symptoms until day 10, cannot be released until day 13.

Household contacts of persons with COVID-19 must be quarantined for 14 days after the person with COVID-19 has been released from isolation. This means the household contacts will need to remain at home longer than the initial case.

For example, if the person with COVID-19 is afebrile and feeling well starting on day 7, the person with COVID-19 can be released from isolation on day 10, and the household contacts can be released from quarantine on day 24. For Public Safety (PS) Diagnosed with COVID-19: PS MUST be excluded from work until:

Conditions 1 AND 2 have been met the worker may return to work but must:

- Wear a facemask at all times while in the place of work until all symptoms are completely resolved or until 14 days after illness onset, whichever is longer.
- Be restricted from contact with severely immunocompromised patients (e.g., transplant, hematology-oncology) until 14 days after illness onset.
- Adhere to hand hygiene, respiratory hygiene, and cough etiquette in CDC's interim infection control guidance (e.g., cover nose and mouth when coughing or sneezing, dispose of tissues in waste receptacles).
- Self-monitor for symptoms, and seek re-evaluation from occupational health if respiratory symptoms recur or worsen.

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