

COVID-19 Guidance on Return to Work for EMS Personnel

To: UPMC Medical Command Services

From: UPMC Prehospital Care

Date: December 30, 2021

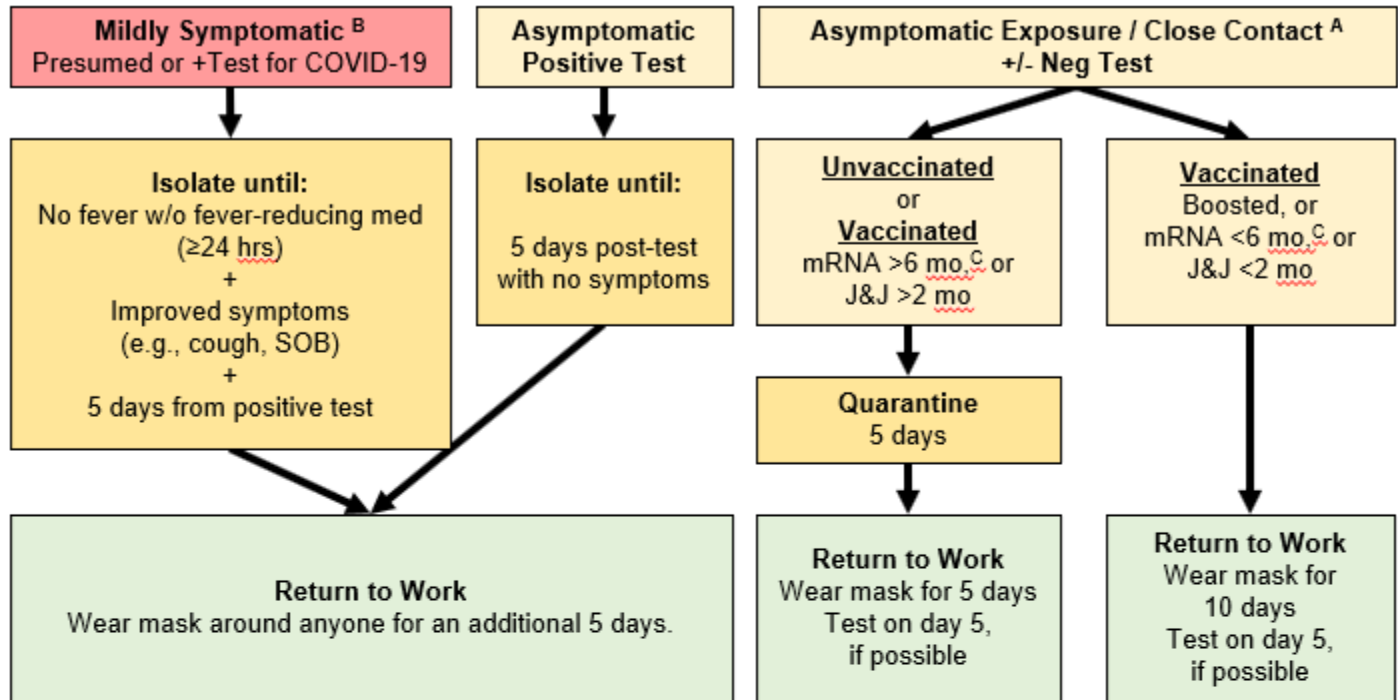
EMS personnel should contact their occupational health provider or PCP for specific return to work guidance. This information does not override agency policy or occupational health determinations and is provided for informational purposes based on guidance from public agencies.

To assist EMS personnel and managers in understanding the latest guidance from the CDC, we have updated the following recommendations based on the latest guidance from the CDC, based on their Contingency Standards. Refer to:

- [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#)
- [CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population](#)

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A. Description of Exposures and Prolonged Close Contacts related to a COVID-19+ Individual:
No Exposure
 1. Brief interactions <15 min without aerosolizing procedure.
 2. Any duration interaction without aerosolizing procedure if both patient and provider are wearing a mask.
 3. Any procedure if provider is wearing respirator & eye shield & gown & gloves.
Exposure (one of the following):
 1. Prolonged close contact (<6 feet for >15 min) and either:
 a) No provider mask, OR
 b) No patient mask and provider without eye shield
 2. Aerosol generating procedure and provider without respirator or eye shield or gown or gloves

B. Mildly Symptomatic refers to individuals that are not immunocompromised and have mild symptoms of COVID-19. Patients who have severe disease (including anyone requiring hospitalization) or who are immunocompromised may shed virus for longer periods. Return to work should be under the individual guidance of a physician.

C. mRNA Vaccine = Completion of 2-dose primary series of Pfizer or Moderna vaccine.

QUARANTINE
keeps someone who was in close contact with someone who has COVID-19 away from others.

ISOLATION
keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

Quarantine if you have been in close contact with someone who has COVID-19, unless you have been fully vaccinated.
 People who are in isolation should stay home and stay in a specific "sick room" or area and use a separate bathroom (if available).