

Guidance for Employees, Providers and Contract Worker Exposed to COVID-19

Purpose:

To assist with assessment of risk and application of work restrictions for asymptomatic healthcare personnel (HCP) with potential exposure to patients, visitors, or another HCP with confirmed COVID-19, the disease cause by SARS-CoV-2.

Process:

When an exposure occurs, Employee Health and Infection Prevention with assistance from department managers will determine the HCPs who were exposed and the risk category. Once determined, the teams will notify the exposed individuals.

Occupational Exposure to COVID-19:

An exposure is defined as an HCP who had prolonged close contact with a patient, visitor, or HCP with confirmed COVID-19, including during the 48 hours prior to symptom onset.

Close contact is defined as being within approximately 6 feet of a person with COVID-19 for a prolonged period (15 minutes or more) or having unprotected direct contact with infectious secretions or excretions of the patient.

Personal Protective Equipment	Risk Factors: Person with COVID-19 (symptomatic or asymptomatic) *		
	No mask	Wearing a mask or face covering	Aerosol Generating Procedure
HCP no mask	High risk exposure	High risk exposure	High risk exposure
HCP + mask only	Medium risk exposure	Low risk exposure	High risk exposure
HCP + mask + eye protection	Low risk exposure	Low risk exposure	High risk exposure
HCP + respirator only	Medium risk exposure	Low risk exposure	High risk exposure
HCP + respirator + eye protection	Low risk exposure	Low risk exposure	Low risk exposure

Higher-risk exposures generally involve exposure of HCP's eyes, nose, or mouth to material potentially containing SARS-CoV-2, particularly if these HCP were present in the room for an aerosol-generating procedure.

** Person with COVID-19 can be another HCP, a patient, visitor or other individual*

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High Risk Exposures:

- Exclude from work for 14 days after last exposure.
- Offered COVID-19 testing as soon as possible (preferably within 24-48 hours post exposure) and self-quarantine for 14 days from the day of exposure. The period of self-quarantine is not dependent on the result of the employee's test.
- Employees will self-monitor for signs and symptoms of COVID-19 during the period of quarantine. If symptoms develop, the employee should complete the [online survey](#) and Employee Health will schedule testing.

Medium Risk Exposures:

- The exposures noted in the yellow boxes are considered lower-risk and need for quarantine will be determined based on the symptoms of the infected individual, the procedure involved (if any) and the duration of exposure. Based on those criteria, Employee Health and Infection Prevention teams will provide a recommendation for working with monitoring or quarantine.

Low Risk Exposure:

- No work restrictions.
- HCP will continue to work and self-monitor per SCCA Stay at Home – Return to Work Guidelines. If symptoms develop, the employee should complete the [online survey](#) and Employee Health will schedule testing.

Community Exposure to COVID-19:

HCP with community exposure to COVID-19 need to identify themselves to Employee Health at 206-606-2500 or at safety@seattlecca.org. A high-risk community exposure is defined as greater than or equal to 15 minutes and within 6 feet of an individual with COVID-19 and without both individuals wearing masks or face covers.

High Risk Community Exposures:

- Self-quarantine (exclude from work) for 14 days from the last day of exposure
- Test per public health contact tracing recommendations (test as soon as possible)
- If a household exposure and able to self-quarantine away from the ill household member, the HCP can return to work, if symptom-free, after completing the 14-day period
- If a household exposure and not able to self-quarantine away from the ill household member, the 14-day period will begin 10 days after symptom onset for the person with COVID-19.
- Employees will self-monitor for signs and symptoms of COVID-19 during the period of quarantine. If symptoms develop, the employee should complete the [online survey](#) and Employee Health will schedule testing.

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Special Considerations and Exceptions:

In situation were administration determines there is a critical staffing shortage, individuals may continue to work in-place of self-quarantine if all of the following criteria are met:

- Approved by Employee Health and Infection Prevention
- HCP is asymptomatic - any individual who develops signs and/or symptoms of COVID-19 following an exposure should be excluded from work and inform Employee Health
- Individuals will undergo COVID-19 testing by the direction of Infection Prevention following exposure, in addition to closely monitoring symptoms.
 - These individuals will be able to work on the days of their tests, unlike HCP who are tested due to symptoms.
- If any test is positive, the employee be excluded from work and follow the COVID-19 [Stay Home – Return to Work Guidelines](#)

Reference documents:

CDC *Interim U.S. Guidance for Risk Assessment and Public Health Management of Healthcare Personnel with Potential Exposure in a Healthcare Setting to Patients with Coronavirus Disease 2019 (COVID-19)*, <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>, accessed 6/2/20

CDC *Criteria for Return to Work for Healthcare Personnel with Suspected of Confirmed COVID-19 (Interim Guidance)*, <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>, accessed 5/18/20

CDC *Strategies to Mitigate Healthcare Personnel Staffing Shortages*, <https://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html>, accessed 5/20/20

CDC *Public Health Recommendations for Community-Related Exposure*, <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>, accessed 5/28/20

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Additional Post-Exposure FAQs

What if I develop symptoms?

If you develop fever (measured temperature > 100.4) and/or any respiratory symptoms, you should stay home and notify your supervisor and Employee Health at (206) 606-2500. You should fill out this [online survey](#) and Employee Health will be in touch to schedule testing.

What should I do to protect my family and other people in the community?

Monitor your symptoms

You should monitor your health for fever, cough and shortness of breath during the 14 days after the last day you were in close contact with the sick person with COVID-19. If you have symptoms, stay home from work. Fill out this [online survey](#) and Employee Health will contact you if it is determined that you need to be tested.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have symptoms consistent with COVID-19. If possible, put on a facemask before emergency medical services arrive.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all “high-touch” surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

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If you become symptomatic: Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: You should restrict contact with pets and other animals while sick. When possible, have another member of your household care for your animals while you are sick; if you must care for your pet, wash your hands before and after you interact with pets and wear a facemask.

Wear a mask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you, or they should wear a facemask if they enter your room.