COVID-19 EXPOSURE GUIDANCE  Updated 3/30/2020

- **Employee wears Full PPE OR**
- No close contact with suspected or known COVID patient

**Minimal Risk Exposure**
- Work as assigned

**Low Risk Exposure**
- Decontaminate clothing and boots
- Contact Company Officer and EMS Supervisor
- Work as assigned.
- 14 days of self-monitoring for symptoms and fever

**Household Member is Sick**

**Symptoms of COVID-19:**
- Cough, Shortness of Breath, Fever ≥ 100.0°F, Body Aches, Diarrhea, Headache, Sore Throat, Sneezing, Loss Smell/Taste

Contact Company Officer and EMS Supervisor

If able, obtain COVID-19 test for sick household member
- Surgical mask should be placed on sick household member
- Employee must isolate in home and self-monitor for symptoms and fever and wear a mask at home/work during contact’s symptomatic period and for 14 days after the end of the household member’s symptomatic period.
- If household member tests POSITIVE: If either employee or COVID-19 positive contact was not wearing a mask for 48 hours prior to or during symptomatic period of close contact, refer to “Close Contact with Suspected or Known COVID”

**Employee is Sick**

**Symptoms of COVID-19:**
- Cough, Shortness of Breath, Fever ≥ 100.0°F, Body Aches, Diarrhea, Headache, Sore Throat, Sneezing, Loss Smell/Taste

If ANY one symptom of COVID-19
- Contact your PCP
- Contact Company Officer and EMS Supervisor

**DO NOT COME TO WORK**
- COVID-19 test, if available
  - If positive, guidance will be taken from PCP, Occ. Health, or Public Health
- Wear mask around close contacts and isolate

Employee returns to work only if:
- 7 days since onset of symptoms AND
- NO ongoing symptoms AND
- NO fever for 72 hours without antipyretics

**Close Contact with Suspected or Known COVID Patient**

- Employee not wearing any PPE
- Employee was wearing some PPE but not a mask
- Patient was not wearing a mask and employee had mask but no eye protection

**Medium/High Risk Exposure**
- High Risk period starts 24 hours after contact.
- Decontaminate clothing and boots
- Contact Company Officer and EMS Supervisor

**DO NOT COME TO WORK**
- Active Self-Monitoring and Quarantine

**TEST RESULT of Exposure Source**

- Unable to get test
- +
- -

- Active Self-Monitoring and Quarantine for 14 days
- Wear mask around close contacts
- If ANY symptom develops, refer to “Employee is Sick”
- Employee may return to work if NO symptoms in the 14 day Quarantine
- If there is a work force shortage and employee has no symptoms, may consider return to work with mask and continued 14 day self-monitoring

**Work as assigned**

**Close contact** for healthcare exposures is defined as follows (CDC):
1. Being within approximately 6 feet (2 meters), of a person known or suspected COVID-19 for longer than 5 minutes.

OR
2. Having unprotected direct contact with infectious secretions or excretions of the patient.

**Full PPE:**
1. Eye protection (goggles or face shield)
2. Gown
3. Gloves
4. Mask: (N-95 or higher respirator optimal and required for aerosol generating procedures. Surgical mask if N95 not available)