

Cayuga Health System (CHS)
Cayuga Medical Center/Schuyler Hospital

Healthcare Personnel COVID-19 Exposure Protocol

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Asymptomatic HCP with Exposure to PUI or COVID-19 Positive Patient

1. Assess the risk of exposure based on criteria listed in Table 1. The risk of exposure is based on three criteria: degree of contact with patient, whether PUI or COVID-19 patient was wearing a facemask at the time of HCP contact, and the type of personal protective equipment (PPE) the HCP was wearing. Risk of exposure is rated low, medium, or high.
2. **Prolonged close contact** is defined as being within 6 feet of a PUI or COVID-19 patient for more than a few minutes. However, type of contact, length of contact, and the presence or absence of a cough are all relevant considerations for risk of exposure. Examples of brief interactions are briefly entering the patient room without having direct contact with the patient or having a brief conversation at a triage desk.
3. Asymptomatic HCPs with **low** risk of exposure may continue to work without restrictions. They will monitor themselves for the development of COVID symptoms by taking their temperature twice daily and observing for respiratory symptoms (e.g., cough, shortness of breath, sore throat) with oversight by their immediate supervisor or Infection Control.
4. Asymptomatic HCPs deemed to have a **medium** to **high** exposure risk will need to be excluded from work for 14 days from the date of exposure. They will also monitor themselves for the development of COVID symptoms by taking their temperature twice daily and observing for respiratory symptoms (e.g., cough, shortness of breath, sore throat) with oversight by Infection Control and the Tompkins County Health Department.
5. Medium and high risk HCPs should be considered for COVID-19 testing if they develop concerning symptoms that are not directly respiratory in nature, at the discretion of Infection Control or the Tompkins County Health Department.
6. Depending on staffing levels and as decided by Senior Leadership and Infection Control, asymptomatic workers with medium risk exposure will be allowed to work under the same monitoring criteria for low risk exposures, but with the addition of a procedure mask continuously while at work.

Symptomatic HCP

- Symptomatic HCPs who are tested for COVID-19 will be excluded from work until tests results are received and until all of the following criteria are met: (1) resolution of fever without fever reducing medications, (2) improvement in respiratory symptoms, and (3) they are cleared by Infection Control to return to work.
- Symptomatic HCPs who are not tested, must be excluded from work until both of the following criteria are met: (1) for 7 days since symptoms appeared, and (2) for at least three days from resolution of fever (without fever reducing medications) and improvement in respiratory symptoms. HCPs that were found to be positive or were symptomatic and not tested must wear a facemask for 14 days from the onset of symptoms.

Table 1: Recommendations for Monitoring and Work Restrictions Based on Exposure Risk

HCP Personal Protective Equipment	Exposure Category	Recommended Monitoring for COVID-19 (for 14 days after last potential exposure)	Work Restrictions for Asymptomatic HCP
Prolonged close contact with PUI or COVID-19 patient who was wearing a facemask			
None	Medium	Active	Exclude from work for 14 days after last exposure
All but not wearing a facemask or respirator	Medium	Active	Exclude from work for 14 days after last exposure
All but not wearing eye protection	Low	Self with delegated supervision	None
All but not wearing gown or gloves	Low	Self with delegated supervision	None
Wearing all recommended PPE (except wearing a facemask instead of a respirator)	Low	Self with delegated supervision	None
Wearing all recommended PPE	Low	Self with delegated supervision	None
Prolonged close contact with PUI or COVID-19 patient who was not wearing a facemask			
None	High	Active	Exclude from work for 14 days after last exposure
All but not wearing a facemask or respirator	High	Active	Exclude from work for 14 days after last exposure
All but not wearing eye protection	Medium	Active	Exclude from work for 14 days after last exposure
All but not wearing gown or gloves	Low	Self with delegated supervision	None
Wearing all recommended PPE (except wearing a facemask instead of a respirator)	Low	Self with delegated supervision	None
Wearing all recommended PPE	Low	Self with delegated supervision	None

Self-monitoring means HCP should monitor themselves for fever by taking their temperature twice a day and remain alert for respiratory symptoms (e.g., cough, shortness of breath, sore throat).

Self-Monitoring with delegated supervision in a healthcare setting means HCP perform self-monitoring with oversight by their healthcare facility's occupational health or infection control program in coordination with the health department

Active monitoring means that the state or local public health authority assumes responsibility for establishing regular communication with potentially exposed people to assess for the presence of fever or respiratory symptoms (e.g., cough, shortness of breath, sore throat).

References

Centers for Disease Control (2020). Criteria for return to work for healthcare personnel with confirmed or suspected COVID-19 (interim guidance). Retrieved on March 25, 2020 from <https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/hcp-return-work.html>

Centers for Disease Control. (2020). Interim U.S. Guidance for Risk Assessment and Public Health Management of Health Care Personnel with Potential Exposure in a Healthcare Setting to Patients with Coronavirus Disease (COVID-19). Retrieved on March 25, 2020 from <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>