What if I may have been exposed to COVID-19?
- International travel alone does not necessarily increase a person's risk for contracting the virus. The primary risk factors include recent travel to the impacted areas, or who have been in direct contact with symptomatic people who are under evaluation for the virus. Individuals who have recently traveled to areas impacted by COVID-19, but show no respiratory symptoms, are not thought to pose a risk to other members of the community.

What is the process for evaluation of potential HCW Exposure to COVID-19?
- If a patient is confirmed as having a COVID-19 infection, all potentially exposed staff will be assessed for risk of exposure, and then work determination will be based on that risk.
- All staff with possible exposure (low, medium or high risk) will also be enrolled in temperature and symptom monitoring twice a day for 14 days after the last day of exposure.
- Risk of exposure depends on the amount of contact with the patient, and the type of Personal Protective Equipment (PPE) worn at that time.
- CDC offers specific guidelines on next steps for Healthcare Personnel who may have been exposed. As seen below, the CDC divides possible exposure between contact with a COVID-19 patient who was wearing a face mask vs. a patient who was not.
- Close contact is defined as:
  - Being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case
  - OR
  - Having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)

<table>
<thead>
<tr>
<th>Low (Recommended self-monitoring)</th>
<th>Medium (Active monitoring and off work for 14 days after last exposure)</th>
<th>High (Active monitoring and off work for 14 days after last exposure)</th>
</tr>
</thead>
<tbody>
<tr>
<td>HCW wearing all recommended PPE (either N95 or procedure mask) while caring for a positive patient regardless if the patient was masked</td>
<td>HCW wearing a mask or N95, gown and gloves but NO eye protection while caring for a positive patient who was not masked</td>
<td>HCW wearing gown, gloves, eye protection but no mask or N95 while caring for a positive patient who was not masked</td>
</tr>
<tr>
<td>HCW wearing a mask or N95 and eye protection but no gown or gloves while caring for a positive patient regardless if the patient was masked</td>
<td>HCW wearing a gown, gloves, eye protection but not a mask or N95 while caring for a positive patient who was masked</td>
<td>HCW wearing no PPE while caring for a positive patient who was not masked</td>
</tr>
<tr>
<td>HCW wearing a mask or N95, gown and gloves but no eye protection while caring for a positive patient who was masked</td>
<td>HCW wearing no PPE caring for a positive patient who was masked</td>
<td>Travel through Hubei Province, China within the last 14 days</td>
</tr>
<tr>
<td>Travel from any country not listed in medium or high risk on this grid</td>
<td>Travel from mainland China (outside Hubei Province) or Iran</td>
<td>Living in the same household as, being an intimate partner of, or providing care in a</td>
</tr>
</tbody>
</table>

Updated March 14, 2020
<table>
<thead>
<tr>
<th>Healthcare Worker (HCW) COVID-19 Exposure</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nonhealthcare setting</strong> (such as home) for a person with symptomatic laboratory-confirmed COVID-19 infections without using recommended precautions for home care* and isolation**</td>
</tr>
</tbody>
</table>

| Being in the same indoor environment (e.g., a classroom, a hospital waiting room) as a person with symptomatic laboratory-confirmed COVID-19 for a prolonged period of time but not meeting the definition of close contact |
| Travel from a country with widespread sustained transmission, other than China or Iran (Italy, South Korea) |

| Travel from a country with sustained transmission |

**NO RISK:** Interactions with a person with symptomatic laboratory-confirmed COVID-19 infection that do not meet any of the high-, medium- or low-risk conditions, such as walking by the person or being briefly in the same room


**What should I do if I am a low risk category?**

- CDC recommends that you should perform self-monitoring with delegated supervision until 14 days after the last potential exposure. This means that you should check your temperature twice daily and remain alert for respiratory symptoms consistent with COVID-19 (e.g., cough, shortness of breath, sore throat)*
- Every day before leaving home for work, you should take your temperature. If you have no temperature (<100.0°F) and no respiratory symptoms, you should report to work for work. If they do not have fever or respiratory symptoms you may report to work.
- You should sign into NMI and record your temperature and whether or not you have any symptoms.
- If you do develop fever (measured temperature ≥ 100.0°F or subjective fever) OR respiratory symptoms, you should self-isolate which means separate yourself from others.
- Please notify Infection Prevention or Corporate Health promptly so that they can coordinate consultation and referral to a healthcare provider for further evaluation.

**What should I do if I cannot work because I am in the medium or high risk categories in the above guidelines?**

- You will be asked to enroll in a temperature and symptom screen log through NMI.

Updated March 14, 2020
Please monitor your temperature and symptoms twice a day. If you develop any fever (measured temperature >100.0F or subjective fever) OR respiratory symptoms consistent with COVID-19 (e.g., cough, shortness of breath, sore throat), please self-isolate.

Then page Infection Prevention or Corporate Health so that next steps can be decided in your care.

What about my partner or family member? Should they call Public Health?

No they should not call Public Health. This person is often referred to as the “Contact of a contact”. As long as you remain without symptoms, your family members or other immediate contacts are NOT considered to have any identifiable risk and require no monitoring or have no restrictions in their activities.

Where can I find out more information on healthcare personnel exposure?


Updated March 14, 2020