Definitions:

• **Close contact** - being within approximately 6 feet of a person for 15 minutes or more (time limit does not apply for aerosol generating procedures (AGP), any duration of exposure to AGP is considered a close encounter) OR having direct unprotected contact with infectious secretions (ex: coughing directly into the face of the exposed individual) or excretions. (1)

• **Exposure** - close contact with a person with COVID-19, including 48 hours prior to their symptom onset.

• Exposure Risk Level of Provider and person with COVID-19 PPE coverage:

<table>
<thead>
<tr>
<th>Person with COVID-19</th>
<th>No mask</th>
<th>Cloth covering or facemask</th>
<th>AGP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provider with no mask</td>
<td>❌</td>
<td>✓</td>
<td>❌</td>
</tr>
<tr>
<td>Provider + facemask</td>
<td>✓</td>
<td>✓</td>
<td>❌</td>
</tr>
<tr>
<td>Provider + facemask + eye protection</td>
<td>✓</td>
<td>✓</td>
<td>❌</td>
</tr>
<tr>
<td>Provider + full MEGG</td>
<td>✓</td>
<td>✓</td>
<td>N95 equivalent</td>
</tr>
</tbody>
</table>

- High-risk, 14 day quarantine
- Lower-risk, review needed
- Low-risk, no quarantine

• Persons with COVID-19 may be symptomatic or asymptomatic.

• Masks for persons with COVID-19 can be cloth face covering, facemasks (or surgical masks), or respirators, which reduce transmission. Cloth masks are not adequate as PPE for providers. (2)

• For AGPs, providers must wear a respirator (N95, P100) for adequate protection. Red boxes indicate high-risk scenarios due to exposure of provider eyes, nose, mouth to virus. (2)

• Yellow box indicates lower-risk, but quarantine may be necessary depending on circumstances.

• Universal Source Control Measures: cloth face coverings or facemasks universally recommended for everyone in a facility, because of the potential for asymptomatic and pre-symptomatic transmission, even if they do not have symptoms of COVID-19. (3)

• **Symptoms** - include the following: fever, chills, cough, muscle or body ache, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, and diarrhea (6)

  • Symptoms may appear 2-14 days after exposure. Median time 4-5 days. One study reported that 97.5% who get symptoms will show them within 11.5 days of infection. (6)

• **AGP** – Aerosol Generating Procedures

  • AGP include the following: open suctioning of airway, sputum induction, CPR, intubation, non-invasive ventilation (CPAP/BiPAP), manual ventilation (BVM); further evidence is needed, but risk is suggested for: nebulizer administration and high flow O2 delivery. (4)

• **Quarantine** – people who are not currently showing symptoms, but are increased risk from exposure and potentially pre-symptomatic, and need to stay away from others to prevent spread

• **Isolation** – people who are currently ill with symptoms, and able to spread disease and potential need to stay away from others to prevent spread

• **PCR testing** – refers to use of RT-PCR testing by swab to detect SARS-CoV-2 RNA. Serological testing (antibody testing) should not be used to determine infection or immunity.

References:


COVID-19 Exposure Guidelines for Return to Work: Known Exposure from Patient Encounter

**Confirmed High-Risk COVID-19 Exposure from Patient Encounter**

This algorithm is for known close contact high-risk exposure to a patient with COVID-19.

- **Quarantine for 14 days** while potentially pre-symptomatic AND
- Enter into Symptom Tracker and monitor symptoms daily
- Obtain COVID-19 PCR testing after 48 hours from exposure regardless of symptom status. Symptoms can develop 2-14 days after exposure. Testing should be obtained greater than 2 days from incident.

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**Symptomatic**

- **Positive COVID-19 Symptomatic**
  - Have 10 days passed from symptom onset?
    - NO: **Isolation**
    - YES: Have symptoms resolved for **AT LEAST 24 hours** (No fever without fever-reducing medications)
      - If NEW symptoms arise during 14 day monitoring, return to isolation AND re-test for COVID-19

- **Negative COVID-19 Symptomatic**
  - Have symptoms resolved for **AT LEAST 24 hours** (No fever without fever-reducing medications)

- **Positive COVID-19 Asymptomatic**
  - Have 10 days passed from positive test?
    - NO: **Isolation**
    - YES: Return To Work
      - IF: (1) \(\geq 10\) days past test

- **Neg COVID-19 / No Test Asymptomatic**
  - Have 14 days passed from exposure?
    - NO: **Quarantine**
    - YES: Return To Work
      - IF: \(\geq 14\) days past exposure

**Asymptomatic**

- **Positive COVID-19 Asymptomatic**
  - Isolation

- **Neg COVID-19 / No Test Asymptomatic**
  - Isolation

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**Return To Work**

IF: (1) \(\geq 10\) days past symptom onset **AND**
(2) Fever resolved for \(\geq 24\) hours **AND**
(3) Respiratory difficulty and extreme fatigue resolved. Other symptoms (i.e. cough) improving.

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**Symptoms include:**

- New cough, new shortness of breath
- Fever \(\geq 100\)F, chills, muscle or body ache, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, and diarrhea

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Version 8
Updated 07-22-2020
Adapted from WA DOH and CDC
Confirmed High-Risk COVID-19 Exposure from NON-Patient Encounter

This algorithm is for a known close contact high-risk exposure to non-patient source (co-worker, household, community) with COVID-19.

- **Quarantine for 14 days** while potentially pre-symptomatic AND
- **Enter into Symptom Tracker** and monitor symptoms daily
- **Obtain COVID-19 PCR testing as soon as possible** (within 1-2 days of exposure if possible), regardless of symptom status. The goal of early testing is contact tracing to identify the upstream source of the confirmed COVID-19 infection.

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**Symptomatic**

Positive COVID-19 Symptomatic

- Have 10 days passed from symptom onset?
  - NO: Isolation
  - YES: Has fever resolved for AT LEAST 24 hours? (No fever without fever-reducing medications)
    - NO: Isolation
    - YES: Return To Work

Negative COVID-19 Symptomatic

- Have symptoms resolved for AT LEAST 24 hours (No fever without fever-reducing medications)
  - If NEW symptoms arise during 14 day monitoring, return to isolation AND re-test for COVID-19

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**Asymptomatic**

Positive COVID-19 Asymptomatic

- Have 10 days passed from positive test?
  - NO: Isolation
  - YES: Return To Work

Neg COVID-19 / No Test Asymptomatic

- Have 14 days passed from exposure?
  - NO: Isolation
  - YES: Return To Work

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**Return To Work**

IF: (1) ≥14 days past exposure AND
(2) ≥24 hours symptom free

Symptoms include:
- New cough, new shortness of breath
- Fever ≥100F, chills, muscle or body ache, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, and diarrhea
COVID-19 Exposure Guidelines for Return to Work: No Known Exposure

No Documented Exposure to Person with COVID-19
- Monitor symptoms daily

Any symptoms?

Symptomatic
- COVID-19 PCR testing is **strongly recommended** for symptomatic first responders
- Testing obtained
- Testing NOT obtained

Positive COVID-19 Symptomatic
- Have 10 days passed from symptom onset?
  - NO: Isolation
  - YES: Have fever resolved for AT LEAST 24 hours? (No fever without fever-reducing medications)
    - NO: Isolation
    - YES: Return To Work

Negative COVID-19 Symptomatic
- Have symptoms resolved at home? (No fever without fever-reducing medications)
  - NO: Isolation
  - YES: Return To Work

Asymptomatic
- There is NO role for testing first responders without known exposure or symptoms at this time. No work restriction.
- Testing obtained
- Testing NOT obtained

No Test Symptomatic
- Have symptoms resolved for AT LEAST 72 hours? (No fever without fever-reducing medications)
  - NO: Isolation
  - YES: Return To Work

Symptoms include:
- New cough, new shortness of breath
- Fever ≥100F, chills, muscle or body ache, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, and diarrhea

Return To Work
IF: (1) ≥10 days past symptom onset AND (2) Fever resolved for ≥24 hours AND (3) Respiratory difficulty and extreme fatigue resolved. Other symptoms (i.e. cough) improving.

Updated 07-22-2020
Adapted from WA DOH and CDC