Recommendations for Healthcare Workers and First Responders with Potential Exposure to COVID-19

Updated April 3, 2020

This is a rapidly evolving situation. Recommendations will be updated and shared as new information becomes available.

Community transmission of COVID-19 has been confirmed in Pima County and COVID-19 is widespread in Arizona. This development means previously recommended actions, such as quarantining all potentially exposed healthcare personnel, are impractical for healthcare facilities.

In the setting of community transmission, all healthcare personnel and first responders are at some risk for exposure to COVID-19, whether in the workplace or in the community. Devoting resources to contact tracing and retrospective risk assessment diverts resources from patient care and other important infection prevention and control activities.

Healthcare facilities should shift their emphasis to more routine practices:

1. Instruct healthcare personnel to report known COVID-19 exposures to the appropriate healthcare facility personnel (Occupational Health or Infection Control).
2. Develop a system to regularly monitor all healthcare personnel for fever and any respiratory symptoms. (For example, healthcare personnel could be expected to monitor their temperature 2x a day or before starting each shift.)
3. Reinforce that healthcare personnel **should not report to work when ill.**

If healthcare personnel have a known exposure to COVID-19:

1. Allow asymptomatic healthcare personnel to continue to work after consultation with their occupational health program.
2. Asymptomatic personnel can remain on duty without having to wear a mask. They should follow instructions on monitoring their symptoms (above, number 2) for 14 days.

If healthcare personnel develop any symptoms consistent with COVID-19 (fever or respiratory symptoms), they must:

1. **Cease** patient care activities.
2. Put on a facemask **immediately (if not already wearing).**
3. **Notify** their supervisor or occupational health services prior to leaving work.
4. **If healthcare personnel have household members who are tested and confirmed positive for COVID-19:**
   - They should quarantine at home and not report to work for 14 days
   - If healthcare personnel become sick during that time, they should not return to work until they are free from symptoms for 72 hours.

Healthcare providers with questions can call 1-844-542-8201
For more information, visit https://www.cdc.gov/coronavirus/2019-ncov/ OR www.pima.gov/covid19