



County of Fresno

DEPARTMENT OF PUBLIC HEALTH

COVID 19 Exposure Risk and associated work restrictions (as of 3/26/20)

We are in the middle of a pandemic and need everybody's help to prevent the spread of this disease, and not overwhelm our healthcare system. We are already facing equipment and work force shortages, and need to work together to ensure it doesn't get any worse. **To make it simple, if you are sick you need to stay home and not return to work till you are asymptomatic for three days, or are seven days from first day of your illness, whichever is longer.**

We are now in **containment with mitigation phase** and are allowing people who have travelled to level 3 countries and counties with >10 cases and are asymptomatic to return to work with specific instructions as noted below.

As you are all well aware that things are changing daily and recommendations may change in the near future. We will update you as that happens.

Your health is important to us and we recommend that all personnel wear a mask when out on the job and responding to calls.

Definitions

Exposure means close contact as defined below:

a) being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time (15 minutes or more); close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room or car with a COVID-19 case

– or –

b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on without mask protection on either patient or provider)

Symptomatic: person with fever, cough, body aches or shortness of breath

Asymptomatic: above symptoms have resolved

Active monitoring entails: screening procedure at work that requires employees to check their temperature twice, and turn in the document with their temperature and respiratory symptoms to their employer

Self monitoring entails: checking your own temperature at home, and if you have subjective temperature or respiratory symptoms, you shouldn't come to work

CDC DOES NOT recommend testing, symptom monitoring or special management for people exposed to **asymptomatic people with potential exposures to COVID-19**. In other words, **“contacts of contacts” have a low enough risk that they do not need special monitoring. Of course, social distancing remains the essential practice for them as well.**

Promotion, preservation and protection of the community's health

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Category	Epidemiological Risk Factors	Exposure Risk	Work Restrictions
1	If symptomatic (regardless of your travel history)	High	Can not work. Self isolate. Return to work when asymptomatic for 3 days or 7 days from the first day of illness , whichever is longer
2	Travel to counties with greater than 10 cases of COVID-19 or level 3 countries within the last 14 days and asymptomatic	Medium	Can return to work but will need to wear a surgical mask at all times with ACTIVE MONITORING (temperature checks twice a day and screening for respiratory symptoms) for 14 days , avoid direct contact with immunocompromised patients, and if symptoms develop, leave work immediately.
3	Exposed to symptomatic person with laboratory confirmed COVID-19	High	If asymptomatic , need to self isolate and exclude from work for 14 days after last exposure. If symptomatic , need to self isolate and can return to work when asymptomatic for 3 days or 7 days from the first day of illness.
4	Exposed to symptomatic person with pending COVID-19 results	High (not wearing a mask)- Medium risk (wearing a mask)	Can return to work but will need to wear a surgical mask at all time with ACTIVE MONITORING (temperature checks twice a day and screening for respiratory symptoms) for 14 days , avoid direct contact with immunocompromised patients, and if were to develop symptoms they will need to leave work immediately. If contact's test is positive then person will need to self quarantine (Category #3). If contact's test is negative, then person can continue to work and self monitor for symptoms.

Category	Epidemiological Risk Factors	Exposure Risk	Work Restrictions
5	Exposed to symptomatic person, unconfirmed (not tested/not diagnosed) that was masked	Medium - Low risk (if masked)	Can return to work, will need to self monitor for signs and symptoms, and if were to get any symptoms, will need to leave work immediately.
6	Exposed to asymptomatic person (unconfirmed COVID-19) in required self-isolation/self monitoring	Low risk	Can return to work, will need to self monitor for signs and symptoms, and if were to get any symptoms, will need to leave work immediately.
7	Exposed to a person who was exposed to an asymptomatic person in required self isolation/self monitoring	Low risk	Can return to work, will need to self monitor for signs and symptoms, and if were to get any symptoms, will need to leave work immediately.

At work exposures:

High risk:

If COVID 19 patient wasn't wearing a mask and you weren't wearing a surgical mask

Medium risk:

If COVID 19 patient was wearing a mask and you were wearing a surgical mask

If COVID 19 patient was wearing a mask and you were not wearing a mask

Low risk:

If COVID 19 patient was wearing a mask and you were wearing a N95 mask (of course the more protective gear you were wearing the better, such as gloves, gown and eye protection)

Testing and Clearing Criteria:

Testing Criteria	Clearing Criteria
<p>Asymptomatic person WILL NOT BE TESTED.</p> <p>A symptomatic person who is a member of the essential health care workforce (such as first responders, nurses and doctors) with exposure to confirmed COVID 19 positive patient can qualify for testing. However, the treatment and isolation protocol will be the same regardless of whether the test is done.</p> <p>Symptoms include: Fever >100.4 F (38 C) AND Cough (dry or productive) Sore throat Body aches Shortness of breath</p>	<ul style="list-style-type: none"> • If high risk exposure, recommend 14 day self isolation as noted above. • If medium risk exposure, can return to work with ACTIVE monitoring and need to wear as MASK at all times, and will need to LEAVE work as soon as they become SYMPTOMATIC. • If low risk exposure, can return to work SELF MONITORING for signs and symptoms, and will need to LEAVE work as soon as they become SYMPTOMATIC. <p><u>Non-test-based strategy</u> Need to self isolate till:</p> <ul style="list-style-type: none"> • No fever for 3 days, without use of any medications, and • Improvement of respiratory symptoms, and • At least 7 days have passed from the first day of symptom onset <p><u>Test-based strategy</u> Need to self isolate till:</p> <ul style="list-style-type: none"> • No fever without use of any medications and • Improvement of respiratory symptoms, and • At least two negative consecutive tests, collected ≥ 24 hours apart

Continue to next page for current testing guideline (as of 3/25/20).

Here are links that you may find useful:

<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

<https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/hcp-return-work.html>

[Refer to Fresno County Public Health Department website for a copy of the screening tool](#)

COVID-19 TESTING GUIDELINE 3/25/2020



Is the patient concerned but not symptomatic?

YES

Does patient have symptoms?

NO

Fevers AND cough, shortness of breath or body aches?

YES

Practice social distancing at ALL TIMES, frequent hand hygiene, daily cleaning of high touch areas and daily at-work symptom check.

- Teach social distancing: "The test is neither a vaccine nor a cure"
- Wear a mask ONLY if you are symptomatic or a healthcare worker

3-4 days of bedrest and hydration

Self-isolate: NO work and NO social interactions

Return to work if no fever and respiratory symptoms x 3 days, or 7 days out from the first day of symptoms, whichever is longer

If no improvement by day 5, call your doctor ON THE PHONE

Assess for High Risk situation:

1. High Risk of Having It
2. High Risk of Passing it On

NO

YES

COVID TESTING RECOMMENDED

Close contact with COVID-19 suspected or confirmed patient?

(Note, travel criteria has been removed but prior travel may be considered for some cases)

- Healthcare worker/First Responder
- Long-term Care Facility employee or resident
- Over age 60
- Comorbidities (HTN, DM, CKD, chronic lung disease, chronic heart disease)
- Immunocompromised
- Hospitalized patient
- Lives OR works in shelters, jails, or any other congregate setting
- Pregnancy

When do high risk professions return to work?

1. If asymptomatic, self isolate x 14 days after high risk exposure
2. If employee is symptomatic or has a confirmed COVID-19 infection:
 - If not tested for COVID-19, can return to work when:
 - No fever for 3 days without the aid of medications, and
 - Have no respiratory symptoms
 - 7 days out from first day of symptoms
 - If tested for COVID-19 and were positive, can return to work after:
 - Resolution of fever without the aid of meds and improvement in symptoms AND
 - Two negative tests, collected >24 hours apart to rule out continued infectivity



Special populations and CDC guidelines to return to work

- Now that we are in containment with mitigation phase, health care or long term care facility providers who have travelled to places with >10 cases and are asymptomatic can return to work with strict precautions and monitoring: they should wear a mask at all times and workplace should have protocol in place to monitor and document their respiratory symptoms and temperature twice a day. If they become symptomatic, they should be sent home immediately.
- CDC guidelines to return to work (during containment OR mitigation)
 - If not tested for COVID-19, can return to work:
 - No fever for 3 days without the aid of medications, and
 - Have no respiratory symptoms, and
 - 7 days out from first day of illness
 - If tested for COVID-19 and were positive, can return to work:
 - Resolution of fever without the aid of medications and improvement in respiratory symptoms, and
 - Two negative tested collected >24 hours apart
- Work practices and restrictions after return to work:
 - Wear a face mask at all times until all symptoms are resolved or until 14 days after illness onset, which is longer
 - Be restricted from contact with severely immunocompromised patients until 14 days after illness onset
 - Adhere to hand hygiene, respiratory hygiene, and cough etiquette
 - Active or Self monitoring for symptoms depending on exposure risk and seek re-evaluation from occupation health if respiratory symptoms recur or worsen