

## Interim Exposure Risk Categories for **Healthcare Personnel** with Potential Exposure to Coronavirus Disease 2019 (COVID-19)

These risk levels apply to healthcare personnel (HCP) who are asymptomatic and have exposures in healthcare settings. All exposures apply to the 14 days prior to assessment and recommendations apply until 14 days after the exposure event. The distinction between the high- and medium-risk exposures in this document is somewhat artificial, as they both place HCP at risk for developing infection; therefore, the recommendations for active monitoring and work restrictions are the same for these exposures. Assessment of risk in most common scenarios depend on the presence or absence of source control (patient wearing a facemask), use of PPE by the HCP, and the degree of contact with the patient.

HCP with potential exposures to COVID-19 in community and travel-related settings must have their exposure risk assessed according to DSHS guidance found in the *Interim Exposure Risk Categories for Travelers, Flight Crews, and Contacts in Community or Household Settings for Coronavirus Disease 2019 (COVID-19)*.

In the event of community transmission, additional flexibility in implementing these guidelines may become necessary. Further information can be found in the *Interim Guidance for Health Departments for Monitoring Healthcare Personnel Possibly Exposed to Coronavirus Disease 2019 (COVID-19)*.

### **Acronyms Used:**

EMS – Emergency Medical Services  
LHD – Local Health Department  
HCF – Healthcare Facility

PHR – Public Health Region  
PPE – Personal Protective Equipment  
PUI – Person Under Investigation

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| Risk level       | Type of exposure   | Definition of contact   | Monitoring              | Activity restriction                              | Actions if exposed individual develops symptoms*   |
|------------------|--|---|-------------------------|---|--|
| <b>High Risk</b> | HCP with incomplete PPE <b>during certain procedures</b>   | <ul style="list-style-type: none"> <li>HCP <b>with unprotected eyes, nose, or mouth</b> who are present in the room for procedures that generate aerosols or during which respiratory secretions are likely to be poorly controlled (e.g., cardiopulmonary resuscitation, intubation, extubation, bronchoscopy, nebulizer therapy, sputum induction)</li> </ul> | Daily active monitoring | Exclude from work for 14 days after last exposure | <ul style="list-style-type: none"> <li>Immediate self-isolation. Immediately contact PHR/LHD.</li> <li>Medical evaluation is indicated; diagnostic testing for COVID-19 is guided by DSHS' <u>PUI definition</u> and is indicated for symptomatic people with a known high risk exposure.</li> <li>If additional medical evaluation is needed, it is to occur with pre-notification to the receiving HCF and EMS (if EMS transport indicated) and with all recommended <u>infection control precautions</u> in place.</li> <li>Travel is controlled; air travel only via air medical transport. Local travel is only allowed by medical transport (e.g., ambulance) or private vehicle while symptomatic person is wearing a face mask.</li> </ul> |
|                  | HCP with <b>prolonged close contact</b> with a COVID-19 patient who was not wearing a facemask (i.e., <b>no source control</b> ) | <ul style="list-style-type: none"> <li>HCP <b>not wearing any PPE</b></li> </ul> OR <ul style="list-style-type: none"> <li>HCP <b>not wearing a facemask or respirator</b>, but wearing all other recommended PPE</li> </ul>  |                         |   |  |

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| Risk level         | Type of exposure   | Definition of contact  | Monitoring              | Activity restriction                               | Actions if exposed individual develops symptoms*  |
|--------------------|--|--|-------------------------|--|---|
| <b>Medium Risk</b> | HCP with <b>prolonged close contact</b> with a COVID-19 patient who was wearing a facemask (i.e., <b>source control</b> )        | <ul style="list-style-type: none"> <li>• HCP <b>not wearing any PPE</b></li> <li>OR</li> <li>• HCP <b>not wearing a facemask or respirator</b>, but wearing all other recommended PPE</li> </ul>   | Daily active monitoring | Exclude from work for 14 days after last exposure. | <ul style="list-style-type: none"> <li>• Immediate self-isolation. Immediately contact PHR/LHD.</li> <li>• Medical evaluation is indicated; diagnostic testing for COVID-19 is guided by DSHS' <u>PUI definition</u> and is indicated for symptomatic people with a known high risk exposure.</li> <li>• If additional medical evaluation is needed, it is to occur with pre-notification to the receiving HCF and EMS (EMS transport indicated) and with all recommended <u>infection control precautions</u> in place.</li> <li>• Travel is controlled; air travel only via air medical transport. Local travel is only allowed by medical transport (e.g., ambulance) or private vehicle while symptomatic person is wearing a face mask.</li> </ul> |
|                    | HCP with <b>prolonged close contact</b> with a COVID-19 patient who was not wearing a facemask (i.e., <b>no source control</b> ) | <ul style="list-style-type: none"> <li>• HCP <b>not wearing eye protection</b>, but wearing all other recommended PPE<sup>†</sup></li> <li>OR</li> <li>• HCP <b>not wearing a gown or gloves</b> AND HCP had <b>extensive body contact</b> with the patient (e.g., rolling the patient)</li> </ul> |                         |  |   |

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| Risk level      | Type of Exposure   | Definition of contact  | Monitoring  | Activity restriction      | Actions if exposed individual develops symptoms*  |
|-----------------|--|--|---|---------------------------|---|
| <b>Low Risk</b> | HCP with <b>prolonged close contact with</b> a COVID-19 patient who was wearing a facemask (i.e., <b>source control</b> )        | <ul style="list-style-type: none"> <li>• HCP <b>not wearing eye protection</b>, but wearing all other recommended PPE OR</li> <li>• HCP <b>not wearing gown or gloves</b>, but wearing all other recommended PPE OR</li> <li>• HCP <b>wearing all recommended PPE except wearing a facemask instead of a respirator</b></li> </ul>   | Self-monitoring with delegated supervision <sup>‡</sup> | No restriction from work. | <ul style="list-style-type: none"> <li>• Immediate self-isolation. Immediately contact PHR/LHD.</li> <li>• Person should seek health advice to determine if medical evaluation is needed. If sought, medical evaluation and care should be guided by clinical presentation; diagnostic testing for COVID-19 should be guided by DSHS' <a href="#"><u>PUI definition</u></a>.</li> <li>• Recommendation to not travel on long-distance conveyances or local public transport while symptomatic.</li> </ul> |
|                 | HCP with <b>prolonged close contact with</b> a COVID-19 patient who was not wearing a facemask (i.e., <b>no source control</b> ) | <ul style="list-style-type: none"> <li>• HCP <b>not wearing gown or gloves</b>, but wearing all other recommended PPE<sup>§</sup> OR</li> <li>• HCP <b>wearing all recommended PPE except for wearing a facemask instead of a respirator</b><sup>§</sup></li> </ul>  |   |                           |   |
|                 | HCP with brief interactions with a COVID-19 patient  | HCP <b>not using all recommended PPE who have brief interactions</b> with a patient <b>regardless of whether patient was wearing a facemask</b> (e.g., brief conversation at a triage desk; briefly entering a patient room but not having direct contact with the patient or their secretions/excretions; entering the patient room immediately after they have been discharged). |   |                           |   |

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| <b>Risk level</b>           | <b>Type of Exposure</b>                          | <b>Definition of contact</b>   | <b>Monitoring</b> | <b>Activity restriction</b> | <b>Actions if exposed individual develops symptoms*</b>  |
|-----------------------------|--|--|-------------------|-----------------------------|--|
| <b>No Identifiable Risk</b> | HCP not providing direct patient care to patient | HCP who walk by a patient or who have no direct contact with the patient or their secretions/excretions and no entry into the patient room | None              | No restriction from work.   | <ul style="list-style-type: none"> <li>• No restrictions.</li> <li>• Seek routine medical care.</li> <li>• No travel restriction.</li> </ul> |

\* Symptoms include  $\geq 1$  of the following: fever (measured  $\geq 100^{\circ}\text{F}$  or subjective), chills, cough, shortness of breath/difficulty breathing, sore throat, runny nose, muscle aches, fatigue, headache, abdominal pain/discomfort, nausea, diarrhea, vomiting. Respiratory symptoms consistent with 2019-nCoV infection are cough, shortness of breath, and sore throat. Medical evaluation may be recommended for lower temperatures ( $< 100.0^{\circ}\text{F}$ ) or other symptoms (e.g., muscle aches, nausea, vomiting, diarrhea, abdominal pain headache, runny nose, fatigue) based on assessment by public health authorities.

† This risk category would be elevated to high risk if HCP performed or were present for a procedure likely to generate higher concentrations of respiratory secretions or aerosols (e.g., cardiopulmonary resuscitation, intubation, extubation, bronchoscopy, nebulizer therapy, sputum induction).

§ This risk category would be elevated to medium risk if HCP performed or were present for a procedure likely to generate higher concentrations of respiratory secretions or aerosols (e.g., cardiopulmonary resuscitation, intubation, extubation, bronchoscopy, nebulizer therapy, sputum induction).