

COVID-19 Community or Travel Exposure (not at work)

SITUATION: Exposure to COVID-19 in the community or through travel, exposed person is asymptomatic

ACTION: Assess exposure risk (top table) and then take appropriate action (bottom table)

All healthcare workers must take responsibility to not work while ill and to leave work immediately if symptoms develop. It is also critical for all healthcare workers to follow organization's masking and eye protection per current Infection Prevention policy.

ASSESS EXPOSURE RISK

High risk	Living in the same household as, being an intimate partner of, or providing care in a non-healthcare setting (such as a home) for a person with laboratory-confirmed COVID-19 without self-isolation *
	Close contact** with a person with laboratory-confirmed COVID-19
Low risk	Being in the same indoor environment (e.g., a classroom, a hospital waiting room) as a person with laboratory-confirmed COVID-19 for a prolonged period of time but not meeting the definition of close contact**

***SELF ISOLATION** from household or intimate contact includes the COVID-19 positive person can remain in a designated area AND have a separate bathroom.

****CLOSE CONTACT** = being within 6 feet of a COVID-19 positive person for > 15 minutes cumulative while visiting the COVID positive person OR having unprotected direct contact with infectious secretions of a COVID-19 positive person (i.e. being coughed on or touching used tissues with a bare hand).

TAKE APPROPRIATE ACTION (NMHH, MGH, Blaze clinics and EMS all in critical staffing)

- During critical staffing: Follow grid below

Exposure category	Work restrictions* (high-risk environments)	Social Responsibility	COVID-19 monitoring
High risk Community exposure	Asymptomatic worker can return to work on any unit.	1. Individuals who are returning to work after a COVID illness must follow masking & distancing guidelines posted here COVID Safe Return to Work Guidelines (sharepoint.com)	1. Active Daily COVID timeout expectations. 2. If symptoms start while at work then immediately inform your manager and remove yourself from direct patient care when possible
Travel	If you have had an exposure while traveling, follow high risk community exposure guidance. For all other travel guidance see CDC recommendations https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html travelPlease see current CDC guidance here	2. Regardless of vaccination status or type of healthcare setting, testing is highly encouraged if you are unvaccinated or if vaccinated w/o a booster upon discovery of exposure (but not earlier than day 2) and again at 5-7 days after exposure (Based on MDH guidance)	

*Fully vaccinated HCWs who remain asymptomatic do not need to quarantine after a high-risk exposure. A person is considered fully vaccinated once they are 2 weeks post completion of COVID vaccination 1 dose or 2 dose series

Change Log:

- 11/17/20 Removed *High risk exposures in the NICU may work while asymptomatic but will need testing 5 days after exposure to rule out asymptomatic disease. Added Asymptomatic worker and return to work on any unit. If asymptomatic testing is encouraged at day 5-7. Updated 'social responsibility' and 'COVID-19 monitoring' section's verbiage.
- 12/15/20 Updated asymptomatic testing to occur at day 7-9
- 3/30/21 Updated 'Take Appropriate Action' table to account for fully vaccinated/not vaccinated / travel exposures, Updated **close contact definition to reference 'visiting'
- 6/1/21 Eliminated changes from 3/30/21 and added additional instructions for testing upon discovery of exposure and again at 5-7 based on updated MDH guidance. Added verbiage "Fully vaccinated HCWs who remain asymptomatic do not need to quarantine after a high-risk exposure. A person is considered fully vaccinated once they are 2 weeks post completion of COVID vaccination 1 dose or 2 dose series" Also updated to "Follow masking and eye protection per current Infection Prevention policy" due to updated guidance.
- 8/9/21 Changed testing timeframe recommendation post-exposure from 5-7 days to 3-5 days per MDH guidance.
- 9/23/21 Changed testing timeframe recommendation post-exposure back to 5-7 days per MDH updated guidance. Also updated 'testing is highly encouraged upon discovery of exposure' to add 'but not earlier than day 2.'
- 1/12/22 Updated 'worker restrictions' for 'high risk exposures' with clarification "if you are unvaccinated or if vaccinated w/o a booster." Updated travel recommendations to link directly to CDC guidance. Moved testing recommendations to the 'social responsibility' section.
- 4/11/22 Added reference to the safe to return to work guidelines for masking instruction.
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