**Healthcare Facilities (HCF) Exposure Management Guidelines**

**Healthcare workers (HCW) should follow any specific guidance given by their employer. For organizations that do not have an Infection Prevention or Occupational Health Department, please follow the guidance below.**

Fully vaccinated healthcare workers are not required to quarantine outside of work.

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**Case Report Form**
24 hours after fever resolves and patient symptoms test on or after day 6 from last exposure. RT-PCR tests every 3 days. Test type and frequency will depend on the monitor conditions within 24 hours.

**HCW High Risk Exposure:**

- Exclude from work for 10 days from last exposure and monitor for symptoms* for a full 14 days, 1,2 AND test on or after day 6 from last exposure*.
- If critical staffing shortages exist, may continue to work or return to work during the quarantine period under the following conditions:
  1. The HCW remains asymptomatic.
  2. The HCW undergoes the following testing regimen:
     a. A COVID-19 test is done immediately upon learning of their exposure and the test result is negative.
     b. The HCW remains off work until this initial COVID-19 test is resulted.
  3. The HCW wears an N95 respirator & all other required PPE at all times while at work during quarantine period.
  4. The HCW does not eat, drink, or unmask around others at any time, regardless of social distancing.
  5. The HCW continues to monitor COVID-19 symptoms daily. If the HCW develops symptoms, the HCW should leave work, contact their manager/employee health, and be tested.
  6. The HCW maximizes social distancing (even beyond 6 feet) wherever possible with both patients and co-workers, and maintains excellent hand hygiene at all times.
  7. The HCW does not work with severely immunocompromised patients/individuals (cancer, organ transplants).
  8. The HCW’s duties are assigned in a way that minimizes the number of different patients cared for by the HCW.
  9. The HCW is still under home quarantine for 10 days after last exposure except to go to work. The HCW must not use carpool, taxi, rideshare or public transportation.

**Low Risk Exposure**

HCW can continue to work but should self-monitor for symptoms* for 14 days from last exposure.

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### Test for COVID-19 as above AND on or after day 6 from last exposure.

**Test**

**POSITIVE**

Instruct case to isolate, notify close contacts and follow I/Q Guidelines. Report ALL cases to the Public Health Department. 

**Return to work:** After isolation for 10 days from date of positive test and 24 hours after fever resolves and symptoms* improve.

**NEGATIVE**

Continue to follow HCW High Risk Exposure guidance through Day 10 from last exposure.

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### References

1. Health Advisory for Testing, Isolation, Quarantine and Reporting
2. Home Isolation and Quarantine Guidelines Handout
3. In addition to completing Case Report Form, all cases should be reported to the HCF’s Infection Prevention or Occupational Health Department (IP/OCH). If no IP/OCH, then report to the Public Health Department via the Workplace Reporting Portal within 24 hours.
4. CDC Guidance for HCW Using PPE
5. AGP= Aerosol Generating Procedure; [https://www.dir.ca.gov/dosh/dosh_publications/ATD-Guide.pdf](https://www.dir.ca.gov/dosh/dosh_publications/ATD-Guide.pdf)

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**COVID-19 symptoms:**

Fever (100°F/37.8°C) or chills, Cough, Fatigue, Headache, Sore Throat, Muscle or Body Aches, Shortness of Breath or Difficulty Breathing, Nausea/Vomiting/Diarrhea, Loss of Taste or Smell

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**For Isolation and Quarantine support call 408-885-3980**

HCW I-Q-T Guidelines 2.23.21