

Guidance for COVID-19 Exposure Management May 4, 2020

General public:

- Close contacts of individuals with COVID-19 are identified and contacted by local health departments.
 - Contacts who are NOT healthcare providers or first responders and are asymptomatic (no fever, cough, shortness of breath, or difficulty breathing) should self-quarantine for 14 days from the last date of exposure to confirmed or suspected COVID-19.
 - During the 14-day quarantine, the person should monitor for fever and other symptoms, and follow guidance for preventing spread of COVID-19 in homes and residential communities (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>).
 - If contacts are asymptomatic, but have tested positive for COVID-19, they should stay at home and isolate from others. They can stop isolation when:
 - There are negative results (showing no COVID-19) on at least two consecutive lab tests of respiratory specimens collected at least 24 hours apart OR
 - Ten days have passed since their first positive test. However, if symptoms develop within this 10 day-period, they should follow precautions for people with symptoms (below).
 - If symptoms develop:
 - Most people can recover at home without medical care.
 - The patient should:
 - Remain at home and isolate from others.
 - Call or text a health care provider if trouble breathing or other concerns develop.
 - Call ahead before going to a doctor's office or emergency room.
 - Isolation may stop when:
 - For patients who have not been tested, at least three full days (72 hours) have passed since recovery (no fever without use of fever-reducing medications and improvement in cough and shortness of breath) AND at least 10 days have passed since the onset of symptoms.
- OR**
- For patient who have been tested, there is no fever without use of fever-reducing

medications AND improvement in cough and shortness of breath AND there are negative results (showing no COVID-19) on at least two consecutive lab tests of respiratory specimens collected at least 24 hours apart.

Healthcare Providers:

- Close contacts of individuals who are confirmed positive for COVID-19 are identified and contacted by local health departments.
- Risk of exposure is determined by the type and duration of exposure; please refer to risk assessment guidance here: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>.
- **LOW RISK** exposures may continue to work but must monitor for symptoms with supervision for 14 days following the exposure. Monitoring should include checking temperature and symptoms every day and prior to reporting for work; if symptoms develop, they should self-isolate at home.
- **MEDIUM RISK** and **HIGH RISK** exposures should quarantine for 14 days UNLESS there are no alternative staffing options, in which case they can work but should monitor temperature and symptoms daily and prior to reporting to work. As supply permits, they should also wear facemasks while working. If symptoms develop, they must cease patient care activities and notify their supervisors prior to leaving work. The employee and facility should follow CDC [Strategies to Mitigate Healthcare Personnel Staffing Shortages](#).
- If workers are asymptomatic, but have tested positive for COVID-19, they should stay at home and isolate from others. They can return to work when:
 - There are negative results (showing no COVID-19) on at least two consecutive lab tests of respiratory specimens collected at least 24 hours apart.
 - Ten days have passed since their first positive test. However, if symptoms develop within this 10 day-period, they should follow precautions for people with symptoms (below).
- If symptoms develop during a 14-day quarantine:
 - Most people can recover at home without medical care.
 - At the discretion of the provider, healthcare providers and first responders are priority for testing and may seek this through local mechanisms.
 - Patients should:
 - Stay home and isolate themselves from others.
 - Call or text a healthcare provider if trouble breathing or other concerns develop.
 - Call ahead before going to a doctor's office or emergency room.
 - Patients may return to work when (whichever is longest):

- For patients who have not been tested, at least three full days (72 hours) have passed since recovery (no fever without use of fever-reducing medications and improvement in cough and shortness of breath) AND at least 10 days have passed since the onset of symptoms.

OR

- For patient who have been tested, there is no fever without use of fever-reducing medications AND improvement in cough and shortness of breath AND negative results (showing no COVID-19) on at least two consecutive lab tests of respiratory specimens collected at least 24 hours apart.

OR

- A healthcare provider approves return to work.

- After returning to work, according to return to work criteria for HCP (<https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/hcp-return-work.html>), they should:
 - Wear a facemask at all times while in the healthcare facility until all symptoms are completely resolved.
 - Self-monitor for symptoms and seek re-evaluation from occupational health if respiratory symptoms occur or worsen.

- Individuals who are ill should not be at work exposing others.

Updated May 14, 2020.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.

CORONAVIRUS DISEASE 2019



Department of Health

Protect yourself and others from COVID-19 by taking these precautions.

PREVENTION

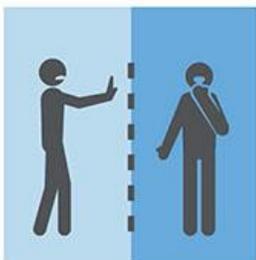
For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME EXCEPT FOR WORK AND OTHER NEEDS



WEAR A FACE COVERING WHEN GOING OUT



PRACTICE SOCIAL DISTANCING OF AT LEAST 6 FEET FROM OTHERS



SHOP AT NON-PEAK HOURS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



DON'T WORK WHEN SICK



CALL BEFORE VISITING YOUR DOCTOR

For more information, visit: coronavirus.ohio.gov