Scenario-based Assessment and Triage of Staff Exposed to SARS-CoV-2

UW Medicine seeks to develop a framework to help managers and employee health assess, triage and answer questions from staff who have been exposed to SARS-CoV-2, the virus that causes COVID-19.

CDC’s Exposure Designations: Low, Medium, and High Risk

Indirect contact/Low risk: Employees are seeking guidance on what to do if they may have had indirect contact with COVID-19. Perhaps they have visited a school, medical facility or other locations in which a suspected or positive COVID-19 cases have been found. Similar questions arise when an employee family’s member may have been exposed to COVID-19 but are asymptomatic.

- **Asymptomatic after indirect contact:** For cases in which an employee has had indirect contact and is asymptomatic, they should continue to report to work while self-monitoring. If symptoms of acute respiratory infection develop, they should follow their unit’s sick time off procedure and contact Employee Health.

- **Experiencing symptoms after indirect contact:** For cases in which an employee has had indirect contact and experiencing symptoms of acute respiratory infection, employee should review our FAQ for Employees with Symptoms of Acute Respiratory Infection, posted on our [UW Medicine COVID-19 Website](#), follow their unit’s sick time off procedure, and contact Employee Health.

Close contact/medium to high risk: CDC defines *close contact* for healthcare exposures as follows: a) being within approximately 6 feet (2 meters), of a person with COVID-19 for a prolonged period of time (such as caring for or visiting the patient; or sitting within 6 feet of the patient in a healthcare waiting area or room); or b) having unprotected direct contact with infectious secretions or excretions of the patient (e.g., being coughed on, touching used tissues with a bare hand).

- **UW Medicine employees who have close contact with a suspected or confirmed case of COVID-19 while not wearing indicated PPE should report the situation to Employee Health.** If the exposed employee is asymptomatic, he or she should return to work and will be asked to self-monitor symptoms twice per day. If symptoms of acute respiratory infection develop within 14 days, employees should not come to work and review our FAQ for Employees with Symptoms of Acute Respiratory Infection posted on our [UW Medicine COVID-19 Website](#), which contains information on how employees can get set up for COVID19 testing.

Travel

The CDC has established geographic risk-stratification criteria for the purpose of issuing travel health notices for countries with COVID-19 transmission and guiding public health management decisions for people with potential travel-related exposures to COVID-19. A number of factors inform the geographic risk stratification including size, geographic distribution, and epidemiology of the outbreak.

UW Medicine follows the general guidance provided by the CDC supplemented with conversations between the employee and Employee Health about their specific travel and risk factors.
View the [CDC’s Coronavirus Disease 2019 Information for Travel](https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html) to find country warning levels. If you have returned from a high-risk country in the last 14 days and have no symptoms, you may return to work. If you develop fever, new cough, shortness of breath, sore throat, or muscle aches within 14 days of your return, you should stay at home and contact Employee Health Services (UWMC Montlake at 206-598-7971, UWMC Northwest at 206-668-1625, or Harborview Medical Center at 206-744-3081) for further information.

**Quick guide version**

If you are experiencing symptoms consistent with an acute respiratory infection (such as fever, new cough or new shortness of breath), please inform your manager, go home, and review our FAQ for Employees with Symptoms of Acute Respiratory Infection, which can be found on our [UW Medicine COVID-19 Website](https://www.uwmedicine.org/coronavirus).

If you are concerned that you may have secondary exposure to COVID-19, you should report to work while self-monitoring. If symptoms arise, review our FAQ for Employees with Symptoms of Acute Respiratory Infection, which can be found on our [UW Medicine COVID-19 Website](https://www.uwmedicine.org/coronavirus), and consult with Employee Health.

If you have had direct exposure to COVID-19 and are asymptomatic, you may return to work and should self-monitor for the development of symptoms twice daily. You will have access to COVID-19 testing if you develop symptoms of acute respiratory infection.

If you have had direct exposure to COVID-19 and are experiencing symptoms of acute respiratory infection, please contact Employee Health and follow your unit’s sick time off procedures.