



COUNTY OF YOLO

Health and Human Services Agency

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Health Advisory

Date: December 17, 2020

To: Healthcare Systems and Personnel in Yolo County

From: Aimee Sisson, MD, MPH, Health Officer

Subject: Quarantine Guidance for Healthcare Personnel After Unprotected Exposure to SARS-CoV-2

SUMMARY

Yolo County Public Health recommends that healthcare personnel (HCP) who live and/or work in Yolo County should follow CDC guidance regarding quarantine after an exposure to someone infected with SARS-CoV-2. During staffing shortages, exposed healthcare personnel may continue working if precautions are taken.

BACKGROUND

On November 6, 2020, the U.S. Centers for Disease Control and Prevention (CDC) updated its [Interim U.S. Guidance for Risk Assessment and Work Restriction for Healthcare Personnel with Potential Exposure to COVID-19](#). In addition, the CDC added a new question on the COVID-19 [Clinical Questions and Answers](#) that discusses HCP quarantine guidance. Yolo County is adopting this guidance. The guidance is summarized and interpreted for Yolo County HCP herein. This Health Advisory also incorporates CDPH's recent [COVID-19 Quarantine Guidance](#).

GUIDANCE

1. Non-healthcare personnel working in a healthcare facility are considered lay persons unless they are trained in safe donning and doffing of personal protective equipment (PPE) and fit-tested to available respirators. These untrained and non-fit-tested personnel should follow [exposure guidance for the public](#).
2. Quarantine requirements depend on staffing levels. Only when staffing shortages are anticipated or occurring may healthcare facilities implement contingency and crisis capacity strategies for mitigating staffing shortages to continue to provide patient care. **These contingency strategies allow asymptomatic HCP who have had an unprotected exposure to COVID-19 but are not known to be infected to continue to work.** If exposed individuals continue working, **additional precautions must be taken.** Staff must report temperature and absence of symptoms before each shift, wear a facemask for source control inside the facility for 14 days, and leave the facility immediately if they develop even mild symptoms consistent with COVID-19. When testing is readily available, it should be offered to exposed HCP to quickly identify pre-symptomatic or asymptomatic HCP who could contribute to COVID-19 transmission. Serial testing should begin upon identification of exposure and continue every 3 days until the 14-day post-exposure period has elapsed. While HCP may continue to work in the healthcare setting after an exposure, these individuals must quarantine at home when not at work.

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For facilities that do not wish to skip quarantine entirely but don't have enough staffing to support a 14-day quarantine, **another option during critical staffing shortages is to shorten the quarantine period for exposed asymptomatic HCP.** With this option, exposed asymptomatic HCW can return to work after 7 days of quarantine IF they have received a negative PCR test result from a specimen collected after day 5 post-exposure. These HCP must self-monitor for symptoms and wear facemasks at all times during work and face coverings outside the home through day 14 after exposure.

3. When staffing levels are adequate, HCP who have an exposure for which home quarantine is recommended should be excluded from work. Such exposures include being within 6 feet of a person with confirmed COVID-19 for 15 minutes within a 24-hour period, OR having unprotected direct contact with infectious secretions or excretions of a person with confirmed COVID-19 IF any of the following apply to the HCP:
 - a. HCP not wearing a respirator or facemask
 - b. HCP not wearing eye protection if the person with COVID-19 was not wearing a cloth face covering or facemask
 - c. HCP not wearing all recommended PPE (i.e., gown, gloves, eye protection, respirator) while performing an aerosol-generating procedure

When staffing levels are adequate, HCP should quarantine at home after an unprotected exposure and not come into work for 10 days following their date of last exposure to the COVID-19-positive individual.

- a. If HCP are unable to quarantine away from a COVID-positive household member and have ongoing unprotected exposure through the duration of the individual's illness, they should remain in home quarantine and be excluded from work until at least 10 days after the infected individual meets criteria for discontinuation of home isolation.
 - b. If HCP develop COVID-19 during quarantine, they should be excluded from work until they meet all return-to-work criteria for HCP with COVID-19 infection.
 - c. **HCP who work in a high-risk congregate living setting (e.g., long-term care facility, jail, prison, or shelter) or who work with severely immunocompromised persons (e.g., recipients of bone marrow or solid organ transplants or chemotherapy) should quarantine for 14 days.**
4. Home quarantine and work exclusion of asymptomatic exposed HCP who have recovered from COVID-19 infection in the prior 3 months may not be necessary. Such cases should be reviewed with the Yolo County Health Officer.

RESOURCES

[Interim U.S. Guidance for Risk Assessment and Work Restrictions for Healthcare Personnel with Potential Exposure to COVID-19 \(CDC\)](#)

[Strategies to Mitigate Healthcare Personnel Staffing Shortages \(CDC\)](#)

[Criteria for Return to Work for Healthcare Personnel with SARS-CoV-2 Infection \(Interim Guidance\) \(CDC\)](#)

[COVID-19 Quarantine Guidance \(CDPH\)](#)

[When to Quarantine \(CDC\)](#)

[Public Health Guidance for Community-Related Exposure \(CDC\)](#)

[Clinical Questions about COVID-19: Questions and Answers \(Healthcare Workers\) \(CDC\)](#)