Protocol for First Responders

Exposed – Asymptomatic

• 14 day quarantine.
  o Twice-daily temperature check.
  o Monitor for COVID-19 symptoms (fever, cough, shortness of breath/difficulty breathing, sore throat, new loss of taste or smell, body aches, chills, nausea, vomiting, diarrhea, congestion, runny nose, itchy/red eyes.)
  o Refer for PCR testing no earlier than four days after exposure date.

• Can work wearing a surgical mask (if allowed by employer) or N95 as appropriate.
• If First Responder develops ANY symptoms, exclude from work, and refer for PCR testing (see below).

Exposed - Symptomatic

• Exclude from work, instruct to isolate at home until test results evaluated (see below).

• Refer for testing.
  o If PCR test result is negative/virus not detected and the first responders symptoms resolved before test results available, release from isolation but place on modified quarantine for 14 days from symptom onset. May return to work with a surgical mask as above (if allowed by employer) or N95 as appropriate.
  o If test result is negative/virus not detected but First Responder is still symptomatic:
    • And tested < 4 days from symptom onset, RETEST.
    • And tested ≥ 4 days from symptom onset. An individualized assessment for other potential diagnosis (e.g., flu) is required for whether repeat PCR testing may be indicated.
  o If PCR test result is positive/virus detected, follow “Positive COVID-19 Test” guidelines below.

Positive COVID-19 Test

Symptomatic First Responders with confirmed COVID-19:

To remain on home isolation until:

• At least 10 days have passed since the last positive test and
• At least 24 hours after last fever spike without the use of fever-reducing medication and improvement in symptoms (e.g., cough, shortness of breath; sore throat).

• Encourage not to re-test.

Note: Must be cleared by Public Health; clearance letter will be provided.

First Responders with confirmed COVID-19 who Never had any symptoms:

To remain on home isolation until:

• 10 days have passed since the date of their last positive COVID 19 diagnostic test assuming they have not subsequently developed symptoms.

• Encourage not to re-test.

• If they develop symptoms, then the protocol for symptomatic individuals should be followed.

Note: Must be cleared by Public Health; clearance letter will be provided.