



RIDOH Guidance for Essential Critical Infrastructure Workers Quarantined for Exposure to COVID-19

FOR POLICE, FIRE, EMS and other essential personnel, use these guidelines and share them with the authority in charge of the exposed asymptomatic personnel.

For this guidance, a close contact of a person suspected or known to have COVID-19 refers to a worker who is an essential critical infrastructure worker (ECIW) (as defined in the attached memo) who have had prolonged close contact with person(s) with COVID-19. The ideal situation is for the exposed worker to self-quarantine for 14 days from the time of exposure.

Employers could consider allowing asymptomatic ECIW who have had an exposure to a suspected or confirmed case of COVID-19 to continue to work after options to improve staffing have been exhausted. These ECIW should report temperature and absence of symptoms* each day prior to starting work. Temperature checks every 4 hours are recommended, if feasible. Employers could have exposed ECIW wear a facemask (if available) while at work for the 14 days after the exposure if there is a sufficient supply of facemasks. If ECIW develops even mild symptoms consistent with COVID-19, they must cease work activities and notify their supervisor or occupational health services prior to leaving work. If working during the 14-day quarantine period, the worker should:

- Maintain a distance of at least 6 feet from others in the workplace
- Wash hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Minimize handling of items or equipment used by others, such as phones, computer keyboards, etc.
- Every day, clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

* Fever is defined as either a measured temperature of >100.4 degrees F or subjective fever. Note that fever may be intermittent or may not be present in some cases, such as those who are elderly, immunosuppressed, or taking certain medications (e.g., NSAIDs). Respiratory symptoms consistent with COVID-19 are cough, shortness of breath, and sore throat. Medical evaluation may be recommended for lower temperatures (<100.0 degrees F) or other symptoms (e.g., muscle aches, nausea, vomiting, diarrhea, abdominal pain headache, runny nose, fatigue). An ECIW who develops symptoms should call their personal healthcare provider for medical advice.

Adapted from: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

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