



## **First Responder Guidance: Risk Assessment for Potential Exposure to a Person Under Investigation or Infected COVID-19 Patient**

**High-Risk Exposure** – Fire fighter/emergency response personnel with a prolonged close contact exposure with a Person Under Investigation (PUI) or confirmed COVID-19 patient where neither the patient or fire fighter/emergency response personnel was wearing a facemask/respirator or performed a high-risk procedure, such as intubation, CPAP or nebulizer treatments without the full required personal protective equipment (PPE) – including fluid resistant gown, gloves, goggles and a N-95 or higher respirator.

**Low-Risk Exposure** – Fire fighter/emergency response personnel with a brief or prolonged interaction with a PUI or COVID-19 patient where the fire fighter/emergency response personnel wore the required PPE, donned and doffed the PPE correctly, properly decontaminated all reusable equipment and contact surfaces in vehicles, and washed hands and exposed skin with soap and warm water. Additional personnel not within a 6-foot radius of the patient but engaged on scene should also be considered a low-risk exposure.

**ALL POTENTIAL AND CONFIRMED EXPOSURES SHOULD BE DOCUMENTED ACCORDING TO YOUR DEPARTMENT’S EXPOSURE CONTROL PLAN.**

Fire fighter/emergency response personnel who experience a **high-risk exposure** should notify their department in accordance with the exposure control plan and be placed in quarantine for 14 days. If asymptomatic after 14 days, they can return to work. If they become symptomatic, they should be isolated and tested for COVID-19, remain in isolation for 14 days from day of onset of symptoms and follow their physician’s treatment plan. Once isolation is lifted by the physician, the fire fighter/emergency response personnel can return to work.

Fire fighter/emergency response personnel who experience a **low-risk exposure** should return to work and self-monitor for signs and symptoms, including taking their temperature and recording it twice a day. If the fire fighter/emergency response personnel become symptomatic or tests for COVID-19, they should be isolated for a period of 14 days from the onset of symptoms and follow their physician’s treatment plan. Once isolation is lifted by the physician, the fire fighter/emergency response personnel can return to work.

Monitor for the following signs and symptoms:

- Fever > 99.9 degrees Fahrenheit or 37.7 degrees Celsius (temperature should be checked twice a day at the beginning of shift and middle of the shift)
- Cough
- Sore throat
- Difficulty breathing/shortness of breath
- Muscle aches/headache
- Abdominal discomfort
- Vomiting
- Diarrhea