

# Coronavirus Disease 2019 (COVID-19) Outbreak:

## FIRST RESPONDER: Isolation, Monitoring, Restrictions

### Who is Considered a First Responder?

A member of the police, fire, and emergency medical services (EMS).

### What to Do if you Think you Have Been Exposed to COVID-19:

1. Wash your hands and face immediately with soap and water (see further guidance below).
2. Immediately notify your supervisor if you have been exposed to someone who tested positive for COVID-19.
3. Call TONHC Employee Health:
  - Monday, Wednesday, and Friday, call **520-993-0899**. Leave a message if needed.
  - Tuesday and Thursday, call **520-993-5518**. Leave a message if needed.
  - Weekends: please call the Sells Hospital Emergency Department for guidance at **520-383-7280**.
  - You will be asked a series of questions on the situation, the type of PPE worn, distance, duration, dates, and person or situation you were exposed to.
4. Testing:
  - An employee health staff member will determine if testing is needed.
  - If testing is recommended, it should occur between 3 – 14 days after the exposure. An employee health staff member will assist you in scheduling you an appointment.
5. Isolation:
  - See page 2 for instructions regarding exposure.
6. Follow-up:
  - If your health conditions change please schedule an appointment with your primary care provider to be evaluated.
  - Notify your supervisor and TONHC Employee Health for any changes.

### Exposure Meets These 3 Criteria:

1. Exposure to person with symptomatic COVID-19 during period from 48 hours before and symptoms onset **-AND-**
2. Close contact within 6 feet **-AND-**
3. Length of time of exposure:
  - a. 15 minutes or more in community setting **-OR-**
  - b. 3 minutes in healthcare setting **-OR-**
  - c. Exposure was of concern (e.g. the individual coughed/spit into the face of the law enforcement officer).

Guidance may change as new information becomes available. Please look for the most up-to-date recommendations.



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### If close contact occurred during apprehension:

- Immediately use alcohol-based hand sanitizer with at least 60% alcohol, or wash hands and face with soap and water for at least 20 seconds.
- Avoid touching their eyes, nose, and mouth.
- Any uniform items (or other surfaces) that were potentially exposed should be disinfected or cleaned as soon as feasible. For example, the duty belt or other non-porous items can be disinfected using products that are EPA-approved for use against the virus.
- Porous items, like the uniform, should be replaced as soon as possible and then laundered according to manufacturer's recommendations. This is especially important if any body fluids were expelled during the encounter (blood borne pathogen protocols should also be followed if applicable).
- Gloves should be worn when touching potentially contaminated items or applying disinfectants and it is important to perform hand hygiene upon removing gloves or other PPE.

### Employee who thinks they were exposed to someone who tested positive for COVID-19, and they are NOT sick and do NOT live in the same household:

- Immediately call TONHC Employee Health to discuss the exposure and determine if testing is needed.
- Employee may continue to work but must wear a surgical mask and wash hands.
- Employee may continue daily activities, such as going to work, school, or other public areas.
- Consider a separate sleeping area and close contact with household members during the observation period. Wearing masks in the home may also prevent the spread of COVID-19.
- Monitor temperature and symptoms for the next 14 days from exposure.
  - Check and write down your temperature daily. TONHC can provide thermometers and monitoring log.
  - COVID-19 symptoms to monitor for: fever, cough, sore throat, difficulty breathing (shortness of breath), runny/stuffy nose, body/muscle aches, headache, extreme fatigue, abdominal discomfort, vomiting, or diarrhea, or new loss of taste or smell.
- If the employee gets sick, STOP WORK and other activities around others.
- Contact TONHC Employee Health to notify of the health change.

### Employee who tests positive for COVID-19 needs to stay in ISOLATION:

- If an employee tested positive for COVID-19 or is waiting for results, they should be in **isolation**. Isolation means to stay away from others as much as possible. They should stay in a specific "sick room," if possible, and away from other people in their home.
- If an employee is **symptomatic and has a positive PCR or rapid test**, the employee should be isolated until:
  - At least 10 days have passed since symptoms first appeared; -AND-
  - At least 3 days (72 hours) have passed since resolution of fever (including fever, chills, rigors, and body/muscle aches) without the use of fever-reducing medications –AND- improvement in respiratory symptoms (including cough, shortness of breath/difficulty breathing, sore throat, and loss of taste and smell).
- Do not attend work, school, be in public areas or use public transportation.
- Do not share household items like dishes, cups, eating utensils, and bedding.
- Cover coughs and sneezes. Throw away used tissues in the trash and wash your hands.
- Reschedule all non-essential medical appointments.
- If medical care is needed, call provider before going, and tell them about the illness.
- Check with Public Health or your provider to see exactly when you and your household can stop isolation and quarantine.



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### Additional precautions to take during death investigations:

- Upon entering a structure (home or place of business) where someone has died and COVID-19 is a suspected cause or contributing factor, law enforcement personnel should anticipate that others in that building could also be infected.
- If the cause of death is unknown, it would be most protective to assume that COVID-19 contributed.
- Law enforcement personnel should limit the number of personnel needed to enter the building, if feasible. If the building has not been cleared, law enforcement should wear PPE per department guidelines.
- Further, law enforcement personnel should try to maintain social distancing (at least 6 feet distance) with others at all times, especially while in the structure.
- If the building has been cleared, then it may not be necessary to wear respiratory and eye protection, unless there are other hazards present that dictate their use according to an onsite hazard/risk assessment.
- Law enforcement personnel should be careful not to touch potentially contaminated surfaces and then touch their eyes, nose, or mouth. However, this is not thought to be the main way the virus spreads.
- When possible, law enforcement should **avoid direct contact with someone who has died of suspected or confirmed COVID-19.**

### Return to Work Practices and Work Restrictions:

- Wear a facemask for source control at all times while working until all symptoms are completely resolved or at baseline.
  - Refer to your department policy regarding universal source control during the pandemic.
- Self-monitor for symptoms and seek re-evaluation from TONHC Employee Health if respiratory symptoms recur or worsen.

### Education:

#### **The best way to prevent illness is to avoid being exposed to the virus.**

- If possible, maintain a distance of at least 6 feet.
- Practice proper hand hygiene: wash your hands often with soap and water for at least 20 seconds. If water and soap are not readily available and illicit drugs are NOT suspected to be present, use an alcohol-based hand sanitizer with at least 60%.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your mouth and nose with a face cover or mask when around others.
- Cover coughs and sneezes. Throw used tissues in the trash and wash your hands.
- Clean and disinfect the surfaces you touch frequently.
  - Use EPA-approved disinfectants (read the label for “novel pathogens”).
  - Wipe off tables, doorknobs, light switches, handles, phones, desks, sinks, toilets, bathrooms, etc.
- The ARIZONA COVID-19 Hotline is available 24-hours a day 7 days a week: **(844) 542-8201**

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### References:

-Criteria for Return to Work for Healthcare Personnel with Suspected or Confirmed COVID-19 (Interim Guidance), <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>

-FAQs for Law Enforcement Agencies and Personnel, <https://www.cdc.gov/coronavirus/2019-ncov/community/law-enforcement-agencies-faq.html>

-Interim U.S. Guidance for Risk Assessment and Work Restrictions for Healthcare Personnel with Potential Exposure to COVID-19, <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

-Public Health Guidance for Community-Related Exposure, <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

-What Law Enforcement Personnel Need to Know about Coronavirus Disease 2019 (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-law-enforcement.html>

