

وقاية

هيئة الصحة العامة
PUBLIC HEALTH AUTHORITY

Management of Healthcare Workers Exposed to COVID-19



V3.6
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DEFINITIONS



Exposure

Exposure is defined as anyone with any of the following exposures:

- Being within 1.5 meters of a confirmed COVID-19 case for >15 minutes without wearing an appropriate mask.
- Providing direct care for a confirmed COVID-19 patient without using the recommended personal protective equipment (PPE), including direct contact with infectious secretions or excretions of the patient (e.g., being coughed on, touching used tissues with a bare hand)
- Being in a room during aerosol-generating procedures (AGPs) (e.g., endotracheal intubation, manual ventilation, bronchoscopy, etc.) without wearing the recommended PPE (i.e., respirator- eye protection- gown- gloves).



Health Care Worker (HCW)

Defined as all staff in the health care facility involved in the provision of care for a COVID-19 infected patient, including those who have been present in the same area as the patient, as well as those who may not have provided direct care to the patient, but who have had contact with the patient's body fluids, potentially contaminated items or environmental surfaces. This includes health care professionals, allied health workers, auxiliary health workers (e.g. cleaning and laundry personnel, x-ray physicians and technicians, clerks, phlebotomists, respiratory therapist, nutritionists, social workers, physical therapists, lab personnel, cleaners, admission/reception clerks, patient transporters, catering staff etc.).



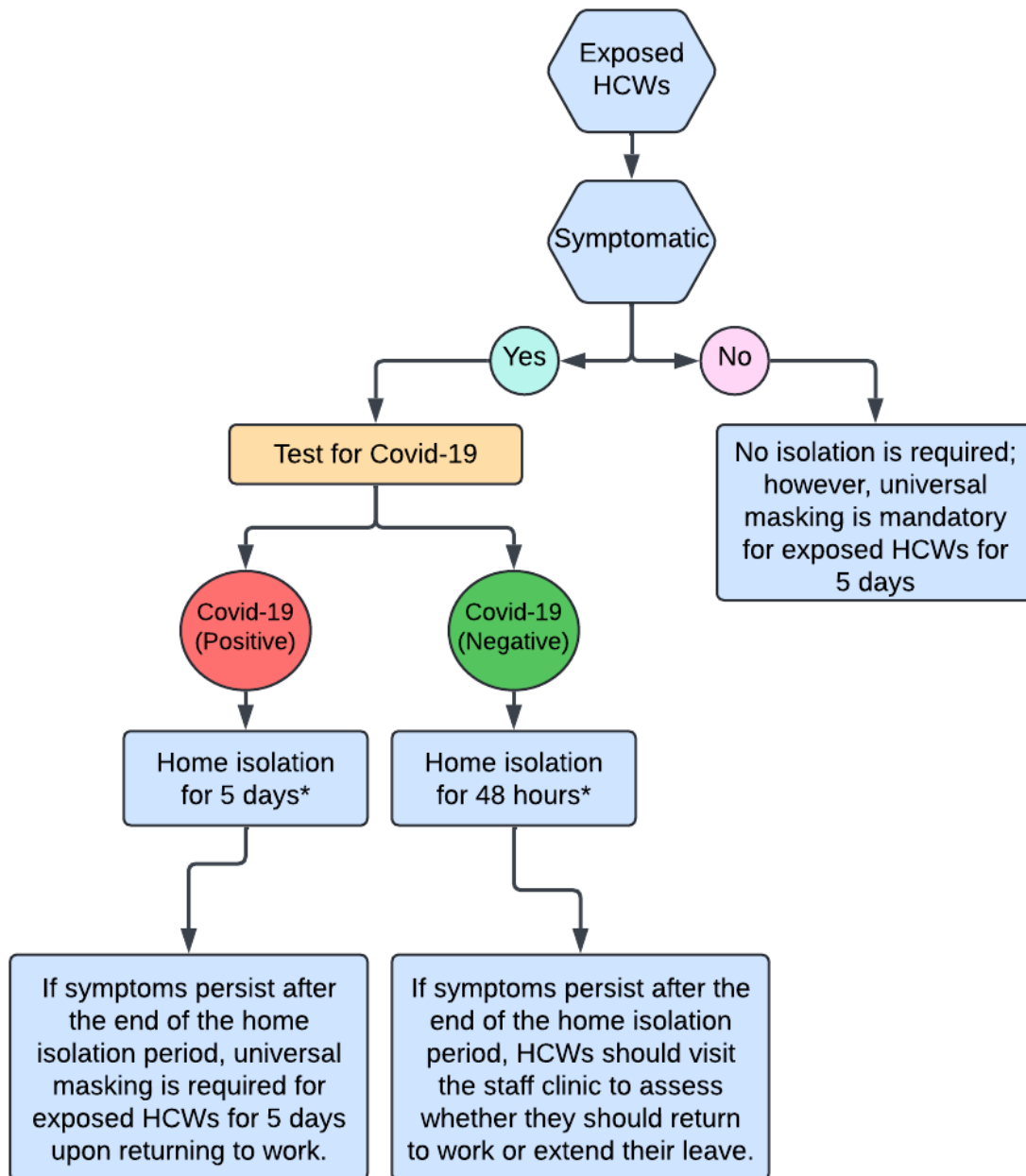
Contact tracing

Healthcare facilities should identify and trace all health care workers who had risk of exposure with confirmed COVID-19 patients according to (Figure 1).

Table 1: Determination of the period that the confirmed COVID-19 patient or HCWs could be infectious for proper contact tracing

Category	Infectious Period	
Symptomatic confirmed COVID-19 HCWs or patients	Beginning 2 days before symptom onset	
Asymptomatic confirmed COVID-19 HCWs or patients	If date of exposure can be determined	beginning 2 days after their exposure
	If date of exposure cannot be determined	beginning 2 days prior to the positive test result

Figure 1: Recommended preventive measures following exposure of HCWs to patients with coronavirus disease (covid-19) or their secretions/excretions in a healthcare setting, and their associated monitoring according to symptoms.



* In case of a staff shortage, coordination with the RPHD is necessary to assess the situation. The duration of isolation may be shortened based on an evaluation by the ICPD, in coordination with the RPHD.

Figure 1. Management algorithm for exposed HCWs

▶▶ This algorithm presented in Figure 1, focuses on management of mild to moderate symptomatic and clinically stable HCWs. Therefore, If an HCW develops severe symptoms or is clinically unstable, the management must follow the Clinical COVID-19 Guidelines (V3.2) and they may need hospital isolation.

▶▶ HCWs who have had a community exposure or who are immunocompromised can be managed according to Clinical COVID-19 Guidelines (V3.2).

▶▶ HCWs should inform their facility's occupational health program if they have had a high-risk community exposure e.g. roommate in nurses or housekeepers housing.

After COVID-19 clearance and returning to work, HCW should:



Self-monitor for symptoms and seeks re-evaluation from occupational health if respiratory symptoms recur or worsen.

Abbreviations:

AGPs=Aerosol Generating Procedures

HCWs= Healthcare Workers.

ICPD= Infection Control and Prevention Department

PPE= Personal Protective Equipment,

RPHD= Regional Public Health Department

Note:

This guide is adapted based of different scientific studies and different global health organizations for the management of hospital staff exposed to a confirmed COVID-19 case. This guide should be followed by all healthcare facilities. However, a facility could implement different measures for some situations based on risk assessment and valid reasons with official approval of RPHD.

References:

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