

Management of People with High-Risk COVID-19 Exposure

University of Iowa College of Dentistry

What is the definition of a high-risk exposure to COVID-19?

- You (exposed person) had a high-risk contact with a person (source person) with laboratory confirmed SARS CoV-2 (COVID-19) during the time frame when they were likely to be infectious (infectious period).

What is considered a high-risk contact?

- Being within 6 feet of the source person for 15 minutes or longer when they were not wearing a face mask and you were not wearing a face mask and eye protection.
 - If both the source person and the exposed person were wearing masks, it is not considered a high-risk contact.
 - However, if the source person was not wearing a mask, and the exposed person was wearing a mask, it is considered a high-risk contact since you did not have eye protection.
- Being in the same room as the source person during an aerosol generating procedure if you were not wearing gown, gloves, eye protection, and a respirator (N95).
- You had direct unprotected contact with infectious secretions or excretions from a source person.
- You are a household contact of a source person. Unless there has been complete in-home isolation.
- Health care workers (HCW) can be exposed through high-risk contact at work or in the community. No matter where you are exposed, managing it is the same.

What is considered a low risk exposure?

- If proper PPE was used throughout your contact, your exposure risk is low. You do not need more evaluation or management. Proper PPE is defined as a face mask, and face shield for non-aerosol contact, and N95 respirator and face shield for aerosol procedure contact.
- If social distancing (6+ feet apart) was maintained throughout your contact, your exposure risk is low. You do not need more evaluation or management.

What is the Infectious period?

- If source person is symptomatic:
 - Starts 48 hours before the source person's symptoms start.
 - Ends when the source person meets criteria to stop COVID-19 isolation precautions.
- Source person is asymptomatic:
 - Starts 48 hours before the source person's first positive test.
 - Ends 10 days after the source person's first positive test.
 - If the time of exposure that led to the source person's infection is known, then the infection period starts 48 hours after the earliest exposure.
 - Sometimes, public health may define the infectious period for an asymptomatic person as starting 10 days before the source person's first positive test.

What should I do If I have had a high-risk exposure to a person with lab confirmed COVID-19?

- You are required to self-quarantine for 14 days since the date of your last exposure to the source person.
- You should immediately contact your supervisor and the Primary Administrative Support in your department. Your Primary Admin must complete a University CoVid intake form for you which will be sent to University FSDS.

You will be contacted directly by an FSDS representative who will give you specific instruction as to how to complete and code your employee time card.

- You should contact your primary health care provider and get tested for COVID-19 at least 48 hours after your first exposure with the source patient during their infectious period. It is preferred you test within 5 to 7 days after the first exposure.
- If you are involved with patient care at the College of Dentistry, you should also contact either Dr. Michael Kanellis or Dr. Brian Howe in Clinic Administration.

What if I test positive for COVID-19

- You should notify your primary health care provider, and either Dr. Michael Kanellis or Dr. Brian Howe in Clinic Administration.
- Faculty and Staff should immediately contact their supervisor and the Primary Administrative Support in their department. Your Primary Admin must complete a University CoVid intake form for you which will be sent to University Faculty and Staff Disability Services (FSDS). You will be contacted directly by an FSDS representative who will give you specific instruction as to how to complete and code your employee time card.
- Students should immediately contact the Dean for Students for further instructions.
- You are required to self-isolate for 10 days + Fever free for 72 hours without using fever reducing medication + symptoms improving for 72 hours.
- Close/household contacts should be tested.