

I MAY HAVE BEEN EXPOSED TO AN INDIVIDUAL WITH COVID-19. WHAT DO I DO

Ask yourself the following risk assessment questions

1. Was I wearing appropriate PPE during all interactions?
2. Were there at least two pieces of PPE between me and patients, colleagues, visitors, and volunteers?
3. Did I have any breaches in my PPE?
4. When I removed my mask, was there at least 2 metres between myself and other individuals?
 - **A breach in PPE** can occur if your mask or face shield is unexpectedly removed from your face. This also includes soiled or damaged facemasks.
 - **Inadequate PPE** refers to not enough PPE worn during specific interactions. There should always be 2 pieces of PPE between a patient/visitors and you. A mask-to-mask interaction or a mask and face shield should be worn if the patient/visitor did not wear a mask during your interaction with them. Please see the diagram in the next column.
Colleague interactions should be mask-to-mask or at a distance greater than 2 metres when masks are removed.
 - **Inappropriate PPE** refers to incorrect PPE used during an interaction. Examples include eye glasses instead of goggles or face shields for eye protection.

If you had inadequate/inappropriate PPE or a breach occurred please contact [the Health Services COVID-19 Centre](#).

If you **wore appropriate PPE** and **did not have a breach** AND **do not have COVID-19 symptoms**, you are to **continue to work**.

A COVID-19 swab is not required.

Continue to self-monitor

Screen for symptoms of COVID-19 and follow appropriate PPE and physical distancing guidelines. If symptoms develop,

please contact the Health Services COVID-19 Centre and book a [test](#).

You are protected if

- A) Both you and the positive individual wore a mask, OR
- B) if you wore a face mask and eye protection



Care Settings

Outpatient setting: a mask and possibly face shield should be worn with a patient/visitor who is also wearing a mask (over both their nose and mouth, which is not ripped, damaged, or soiled).

Inpatient setting: a mask and face shield should be worn with all patients as they typically are not wearing a face mask.

With colleagues: 2 pieces of PPE (mask-to-mask) must be worn if a distance of ≥ 2 metres cannot be maintained.

When to contact the UHN Health Services COVID-19 Assessment Centre?

If you have had a high-risk interaction with a patient/visitor/colleague during this timeframe, please contact the [Health Services COVID-19 Assessment Centre](#) or leave a voicemail for the COVID-19 Hotline at 416-340-3556.

High risk interactions include breaches and inadequate or inappropriate PPE during an interaction greater than 15 minutes (cumulatively or consecutively) at a distance less than 2 metres.

Speak to a Health Services COVID-19 Centre Health Care Worker (HCW) if you:

- have COVID-19 symptoms
- had a breach in your PPE, inappropriate PPE, inadequate PPE, or insufficient distancing (less than 2 metres) during unmasked interactions
- or were present during an aerosol generating medical procedure with a patient.

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Aerosol Generating Medical Procedures (AGMPs):







You are required to wear a N95 respiratory, eye protection (face shield or goggles), gloves, and gown. If you were not wearing one of these items, this is considered high risk. Please [contact](#) the COVID-19 Assessment Centre.

What can you expect from the Health Services COVID-19 Centre?

1. Location(s) are on high alert monitoring for 14 days from patient exposure to the unit or two positive staff on a unit.
2. Assessments are completed to determine risk of exposure for Health Care Workers (HCWs) who feel they had a high-risk close contact interaction with patients or colleagues, or, who are named a close contact to a positive HCW through contact tracing.
3. Your manager or supervisor will be informed if a close contact is required to be isolated and off work.

What is Occupational Health's Criteria for Close Contact

1. Unprotected contact (or less than 2 pieces of PPE) within 2 metres of a person with COVID-19 infection for more than 15 minutes (cumulative or consecutive) **OR**

EXPOSED INDIVIDUAL	COVID-19 POSITIVE INDIVIDUAL	
Level of Personal Protective Equipment (PPE)	 WITH Approved** Facemask	 WITHOUT Facemask or Inappropriate Facemask
 WITH approved Facemask and Eye Protection <i>No gloves or gown</i>	Low	Low
 WITHOUT Eye Protection <i>No face shield/goggles</i> <i>With approved facemask</i>	Low	High
 WITHOUT Facemask <i>No or inappropriate facemask</i> <i>With or without eye protection</i>	High	High
 WITHOUT any PPE <i>No facemask & eye protection</i> <i>Inappropriate facemask & eye protection</i>	High	High

2. Unprotected contact with bodily secretions from a person with COVID-19 infection.

Use the table to determine the level of risk for close contact [less than 2 metre distance for greater than 15 minutes cumulatively] interactions with a positive individual.

**Please review hospital PPE for definitions. Click [here](#).

If after reviewing this information you still have questions, concerns, or fears, please contact the Health Services COVID-19 Assessment Centre using this [link](#) or leave a voicemail for the COVID-19 Hotline at 416-340-3556.