



GME Resident & Fellow Coronavirus Guidelines

Coronavirus & Eisenhower Health

GME & Infection Prevention Expectations

It is vital that as employees of Eisenhower Health, residents and fellows not only comply with Covid-19 prevention including appropriate masking, PPE use, and social distancing but that they set an example for the institution as future physicians.

Covid-19 Patient Care

Residents and fellows are expected to be part of the planning and care of COVID-19 patients/suspected patients in the context of their specialty programs and ACGME guidance.

Universal Surgical Mask Policy

All Students, Trainees, Faculty and Staff Required to Wear Surgical Masks When Entering Any Eisenhower Health Clinical Care Building

Daily Health Screening

All Eisenhower Health Personnel, Including Students, Must Complete the Online Covid Screener Before Entering Eisenhower Health clinical care facilities.

COVID-19 Exposure Conditions

COVID-19 exposure risk depends on individual proximity to Covid-positive source, source infectiousness, and time frame of close contact, PPE use by staff and patient, and procedure type/risk.

COVID-19 Exposure Risk

- DISTANCE-Less than 6 Feet
- TIME-Greater than >10 MIN exposure
- SOURCE & TIMELINE-First day Covid source is symptomatic (infectious) OR tested positive if asymptomatic with a retrospective look-back of 72 hours pre-symptom development
- PPE-HCW PPE- Type of PPE used and employment of use E.g. Regular surgical mask & eye protection vs N-95 & eye protection
- PPE-PATIENT-Was the patient masked
- PROCEDURES-Aerolizing procedures that are High-risk E.g. Intubation vs. Low-risk E.g. Breast biopsy



Covid-19 Exposure

Any interaction with less (cloth mask/surgical mask, no eye protection) with closer than six feet proximity for greater than >10 minutes constitute an exposure.

Anyone who meets the close contact definition without full protection (N95 and eye protection) are considered exposed.

If appropriate PPE is worn (N95 mask & eye protection) it is not a Covid exposure.

Exposed Healthcare Worker (HCW) Mandate:

Per Riverside County Public Health, the protocol for:

- Exposed, non-symptomatic essential HCW has the ability to go to work wearing a mask combined with a 14-day home quarantine upon returning from work.
- Exposed, symptomatic HCWs, must follow a 14-day home quarantine followed by Public Health clearance to return to work along with being asymptomatic and afebrile for 72 hours (from the 10-day mark within the 14-day home quarantine).

Sick Employees: *If you are sick and symptomatic with Covid-19 OR sick with another illness STAY HOME FROM WORK and notify your supervisor immediately.

- **Symptomatic or ill employees/residents must not be at work**
- **Resident Employees who have had LOW RISK EXPOSURE:** Low risk is if you've been around an infected person who was continuously wearing mask; or a person exposed to COVID but wearing a mask; or an infected person or exposed person not masked but where there was social distancing (more than 6 feet away) or less than 15 minutes of exposure.

SHOULD DO THIS: Discuss exposure with your Medical Program Director. Self-monitor COVID symptoms for 14 days. Continue to be at work, follow all masking and hygiene precautions. If symptomatic, follow evaluation recommendations, and do not be at work while ill.

- Notification of Infection Control or Employee Health is required. They can be contacted for any assistance.



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- **Resident Employees who have had HIGH RISK EXPOSURE:** You have had high risk exposure if you have been around an infected person who was not wearing a mask; and are a healthcare worker not wearing a mask when exposed to COVID; and have had less than 6 feet distance and more than 15 minutes of exposure. You are also high risk if you have had household exposure. (Household exposure is the highest risk exposure.)

SHOULD DO THIS: Discuss the exposure with your Medical Program Director and Infection Control staff. Follow the policies and procedures for additional testing and precautions.

- **Return to work:** Residents with confirmed COVID diagnosis will not be at work at Eisenhower Health facilities until the following conditions are met: 1) at least 3 days (72 hours) have passed with no fever without the use of fever-reducing medications, and improvement in respiratory symptoms (e.g., cough, shortness of breath); AND 2) at least 10 days have passed since symptoms first appeared, whichever is longer.
 - People who have had a positive COVID test but had no symptoms (asymptomatic) can return to Eisenhower Health facilities when 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not developed symptoms.
 - Recovered persons must notify their Program Medical Director a day prior to return to work and verify with the supervisor that the conditions outlined above have been met.
 - Notification of Employee Health via a Telehealth visit with a Public Health clearance note is required for clearance to return to work or the campus.
 - **Repeat COVID testing for clearance to work is NOT required. If obtained and positive, it will NOT be considered in the return to work policy as long as the other clinical conditions outlined above have been met.**

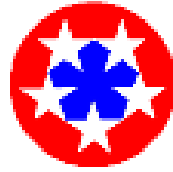
Individual departments are NOT authorized to make their own COVID exposure and infection evaluation policy or practices that deviate from these instructions.



GME Program Director & Faculty Coronavirus Guidance

What if I or my resident has been exposed to COVID at work or in the community?

- a. **Exposed asymptomatic Residents** engaged in delivery of clinical care or those who support healthcare operations: Currently, CDC classifies HCWs as 'Critical Infrastructure Workers' who are essential to ensure continuity of operations of essential functions. Therefore, an exposed but asymptomatic Resident HCW will be managed as follows:
 - i. Exposed Residents must notify their immediate supervising faculty and Infection Control staff. Infection Control staff will conduct a risk assessment and provide instructions to faculty and Program Director about how to take appropriate measures for the exposed resident.
 - ii. Exposed asymptomatic residents may be **ALLOWED** to continue to work at Eisenhower Health facilities while wearing a medical face mask at all times, and self-monitoring of daily symptoms for 14 days, based on the Risk of Exposure as below.
- iii. **Residents with Low to Moderate Risk exposures:**
 1. Definition: Infected person continuously wearing mask, or exposed HCW wearing mask, or if infected person or exposed Resident not masked but more than 6 ft distance or less than 15 minutes of exposure.
 2. Internal Medicine and Family Medicine Program Coordinators will directly notify Low Risk exposed residents via email within their work group to self-monitor for symptoms as below (item 'v'). The Low Risk exposed resident will be reported to Infection Control staff but will NOT be reported to Employee Health for additional monitoring.
- iv. **Resident with High Risk exposures:**
 1. Definition: Infected person is not wearing a mask AND exposed Resident is not wearing mask AND less than 6 feet distance AND **more than 15 minutes of exposure**; OR household exposure. Household exposure is the highest risk exposure.
 2. Infection Control staff will inform the GME Program Director regarding the action plan for High Risk exposed HCW and will also notify Employee Health for monitoring of HCW symptoms as below (item 'v').
 3. High Risk exposed HCW can continue to work at Eisenhower Health facilities while wearing a medical face mask at all times, and self-monitoring of daily symptoms for 14 days, **but must follow the testing recommendations** as below.



4. **High Risk exposure testing:** Resident exposed to infected household persons will be tested immediately for COVID and not be at work until test result is negative; additionally, Resident must be tested again at 7-10 days after first exposure. All other High Risk exposed Residents must be tested for COVID at 5 days after first exposure while they continue to work.
- v. If during 14 days of self-monitoring period, the Resident develops COVID symptoms (fever of 100.4F or subjective fever, or nasal congestion, cough, tightness or shortness of breath, muscle ache, new onset headache, nausea & vomiting, diarrhea, or fatigue), the Resident will immediately leave the Eisenhower Health facility after informing Faculty and Infection Control office (see Section 2 above).

References:

Centers for Disease Control & Prevention (June 13th, 2020). Recommended testing for asymptomatic individuals without known or suspected SARS-CoV-2 exposure for early identification in special settings. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/hcp/testing-overview.html#testing>

Riverside County Public Health Local Guidance for Providers (May 15th, 2020) - (For the community) Positive or Assumed COVID-19 Test and Non-Test approaches.

UTMB Coronavirus Disease 19 (Covid-19) Information & Guidance (July 1, 2020). What if I have Covid-19 or have been exposed? Retrieved from <https://www.utmb.edu/covid-19/home/sick-exposed/employees>