



Fletcher Dentistry

COVID-19 Employee Exposure Guidelines

PURPOSE: The purpose of this document is to help the employer and employees decide how to respond after an exposure to COVID-19.

Q: WHAT SHOULD I DO IF I HAVE BEEN EXPOSED TO SOMEONE AWAY FROM THE OFFICE WHO IS POSITIVE FOR COVID-19?

FIRST, evaluate your level of exposure outlined below

DIRECT EXPOSURE

DIRECT EXPOSURE: Following the CDC, we consider a *direct exposure* to be defined as follows:

- Being in close contact (less than 6 feet) with someone positive for COVID-19 for greater than 15 minutes.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with the person (touched, hugged, or kissed them).
- You shared eating or drinking utensils.

With a **DIRECT EXPOSURE:** You will be asked to comply with the following protocol before returning to work:

- You will be directed to stay home.
- Contact your doctor or California Based Community Testing Site in Salida ([Address:](#) 4835 Sisk Rd, Salida, CA 95368) to arrange for COVID-19 testing.
- Stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times.
- Avoid contact with people at higher risk for severe illness from COVID-19.
- Self-monitor for symptoms
 - Check temperature twice/day
 - Monitor for fever (>100.4°F), cough, or shortness of breath, or other [symptoms](#) of COVID-19.

INDIRECT EXPOSURE

INDIRECT EXPOSURE: If your exposure is not described above, we will consider it an indirect exposure and we will follow this protocol:

- You will be directed to continue working
- Self-monitor for symptoms
 - Check temperature twice/day
 - Monitor for fever (>100.4°F), cough, or shortness of breath, or other [symptoms](#) of COVID-19.

**Q: I HAD A DIRECT EXPOSURE. I TOOK MY COVID-19 TEST AND IT CAME BACK POSITIVE.
WHEN CAN I RETURN TO WORK?**

**WITH
SYMPTOMS**

SYMPTOM-BASED STRATEGY: You may return to work when you meet BOTH of the following conditions:

- At least 1 days (24 hours) have passed **since recovery defined** as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath).
- At least 10 days have passed **since symptoms first appeared**.

**WITHOUT
SYMPTOMS**

TIME-BASED STRATEGY: You may return to work when you meet the following conditions:

- 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming you have not subsequently developed symptoms since their positive test. If you develop symptoms, then the symptom-based or test-based strategy (above) should be used.

TEST-BASED STRATEGY: You may return to work when you meet the following conditions:

- Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens).

**Q: I TOOK MY COVID-19 TEST, IT CAME BACK NEGATIVE.
WHEN CAN I RETURN TO WORK?**

**WITH
SYMPTOMS**

If you **HAVE SYMPTOMS** and you are **NEGATIVE** for COVID-19, we will assume the following:

Any staff member with COVID-19 symptoms who tests **NEGATIVE** for COVID-19 will be considered to have an alternate diagnosis (e.g., tested positive for influenza), criteria for return to work will be based on that diagnosis.

**WITHOUT
SYMPTOMS**

If you **DO NOT HAVE SYMPTOMS** and you are **NEGATIVE** for COVID-19, we will assume that you have had an **INDIRECT EXPOSURE** and follow the protocol outlined above and repeated here:

- You will be directed to continue working immediately.
- Self-monitor for symptoms
 - Check temperature twice a day.
 - Monitor for fever (>100.4°F), cough, or shortness of breath, or other [symptoms](#) of COVID-19

Q: WHAT HAPPENS IF I COME TO WORK AND MY TEMPERATURE IS HIGHER THAN 100.4°F ?

We will test you 3x at 5-minute intervals. If you are higher than 100.4°F on two out of three tests, you will be instructed to **RETURN HOME** and practice self-quarantine. You will also be encouraged to contact your medical doctor, monitor your temperature and follow their advice on testing.

You may return to work when you meet either of the following criteria

- After 3 days and elimination of all symptoms
- An exam and release to return to work by your medical doctor

Q: WHAT HAPPENS IF I EXHIBIT SYMPTOMS OF COVID-19 BEFORE/ DURING/OR AFTER WORK?

You will be instructed to **RETURN HOME** and practice self-quarantine. You will also be encouraged to contact your medical doctor and monitor your temperature and follow their advice on testing.

You may return to work when you meet either of the following criteria

- After 3 days and elimination of all symptoms
- An exam and release to return to work by your medical doctor

Q: WHAT HAPPENS TO THE OTHER STAFF OR PATIENTS I HAVE TREATED?

Depending on exposure, patients and staff members may need to be notified about potential exposure and consider testing. PPE during treatment is important. Protecting co-workers during huddles, meetings, lunch and casual conversation is also important.

Return to Work Practices and Work Restrictions

After returning to work, all staff members will return to normal protocol and procedures for Infection Control and PPE as outlined in the Fletcher Dentistry Safety Protocols and SOP. Staff members will continue to self-monitor for symptoms, and seek re-evaluation from medical healthcare as needed.

In order to prevent an office-wide spread of COVID-19 and potential shutdown of treatment and disruption to patient care, we ask you to consider the following:

AT WORK

- During non-clinical procedures: Please remember to wash your hands regularly, avoid touching your face, wear a mask at all times and practice social distancing from co-workers.
- During procedures: Wash your hands before and after procedures or use hand sanitizer, please wear a gown, a Level 3 Surgical mask AND your personal face shield. (Hair nets are available).

AT HOME

It is strongly advised that when you are away from the office and in a social environment with anyone but immediate family that you:

- Please remember to wash your hands regularly or use hand sanitizer, avoid touching your face, wear a mask and practice social distancing from non-immediate family.