March 16, 2020

Attention: Placer County First Responders

When a first responder is exposed to a "person of interest" for COVID-19 (i.e., a patient or co-worker with fever or respiratory symptoms) without proper PPE, the employee's supervisor should do the following:

1. Document the exposure incident per the employer's usual protocol.

2. Advise the employee to monitor for symptoms of possible COVID-19 every day before reporting to work. If the employee develops fever, cough, sore throat, body aches, headache, fatigue, or diarrhea, they should contact their supervisor immediately and not report to work. Preferably, the employer will implement daily active symptom monitoring for all employees, not just those with a known exposure, at the start of their shift. Any employee with symptoms would be given a mask to wear and sent home to isolate.

3. Employees who develop symptoms should remain on home isolation until 7 days after their symptoms begin, or 72 hours after their symptoms resolve, whichever is longer.

4. Employees who become symptomatic after a workplace exposure should be tested for COVID-19 through their regular medical provider when possible. If the employee's regular provider is unable to provide testing, contact the Placer County Public Health Coronavirus Health Care line at 530-886-5310 and press 1 during business hours to arrange for specimen collection by a public health nurse and testing through the public health laboratory. Outpatient specimen collection is only available during daytime hours. Please do not call the Health Officer at night to discuss testing. Employees with severe symptoms should seek care at the emergency department.

5. Employees who were exposed to a confirmed case of COVID-19 without proper PPE may continue to work if they are asymptomatic, but should wear a simple facemask throughout their workday for 14 days after their exposure if facemasks are available.

Aimee Sisson, MD, MPH
Health Officer and Public Health Director
Placer County Health and Human Services Department