

## EXPOSURE MINIMIZATION WHEN ON SERVICE



### Attire

- Change in/out of dedicated work clothes at work
- *HUP: Scrubs available in Ravdin basement; leave in soiled linens container for laundering*
- AVOID long sleeves, ties, jewelry, watches
- **DO NOT WEAR YOUR WHITE COAT**
- If necessary to bring home work clothes, place in plastic bag and launder in high heat along with any work outerwear daily



### Cell phones

- **AVOID USE IN PATIENT ROOMS**
- Sanitize with sanitizing wipes or UV box



### Hygiene

- Socially distance in shared workspaces
- Sanitize high touch workspace and call room surfaces (WOWs, mice, keyboards, etc.)
- Sanitize in room stethoscopes before use
- Avoid sitting down in COVID-19+ patient rooms
- Wash hands frequently & before leaving work
- Shower before leaving work or on arrival home
- Sanitize high touch surfaces in car and home

## PPE TECHNIQUE & POLICIES

### Instructional Guides

[N95 3M 1860 Overview](#)  
[N95 3M 1870 Overview](#)  
 PAPR Overview ([Onsite](#)) ([VPN](#))  
[PAPR Video](#)  
 Donning/doffing ([Onsite](#)) ([VPN](#))

### PPE & Isolation policies

[Overview of PPE guidelines](#)  
 HUP [PPE and isolation guidelines](#)  
 PPMC ([Onsite](#)) ([VPN](#))

# Penn Medicine Tip Sheet: Exposure & Symptom Mgmt

Contents may change – **Updated 5/10/20** – See latest version [here](#)

## I HAD A BREACH IN PPE WITH A CONFIRMED COVID-19 PATIENT. WHAT DO I DO?

- (1) **INFORM DIVISIONAL AND CLINICAL SUPERVISORS**
- (2) **INFORM OCCUPATIONAL HEALTH\*** & (3) **INFECTION CONTROL\*\***

### HIGH RISK EXPOSURE

<u>Inappropriate PPE during:</u>	
• Aerosol-generating care	14 days no work + quarantine + active monitoring
• Exposure to COVID-19+ close household contact	

### MEDIUM RISK EXPOSURE

<u>Inappropriate PPE during:</u>	7 days no work + quarantine
• Prolonged contact but no aerosol-generating care	14 days active monitoring Resume work day 8 if no symptoms

### LOW RISK EXPOSURE

<u>Inappropriate PPE during:</u>	Continue work if no symptoms
• Contact/care not prolonged or aerosol-generating	Active monitoring

**Aerosol-generating:** CPR, intub/extubation, NPPV, HFNC, NRB, BVM, venti mask, bronch, neb, open suction, vent disconnect, chest PT, trach collar, placing/exchanging/removing trach, placing NGT/DHT

**Prolonged contact:** >10 min within 6 feet and/or direct touching

**Active monitoring:** Twice daily symptom & temperature check

**Note:** Report exposure to PUI without appropriate PPE to Infection Control. If a provider or patient not on isolation tests positive, Infection Control will trace contacts & notify exposed persons

**Detailed HUP Exposure Guidelines found [here](#).**

*Infection Control PPE & exposure management policies are continually evolving. Check UPHS COVID-19 website ([Onsite](#)) ([VPN](#)) or with unit nursing managers for most updated information.*

## I HAVE SYMPTOMS. WHAT DO I DO?

### FEVER >100.0, COUGH, OR DYSPNEA

#### AT WORK

Put on surgical mask

Immediately inform your clinical and divisional supervisors to arrange coverage

Call Occupational Health\*

Call Infection Control\*\* for exposure tracing and expedited testing

#### AT HOME

Do NOT come to work

### CLINICAL DUTIES WITHIN 14 DAYS

**YES**

**No**

Contact your PCP or Penn Medicine OnDemand† for evaluation

Inform your divisional leadership

## EXPOSURE CONTACTS

### \*Occupational Health

**HUP:** 215-662-2354 (main)  
 215-662-6110 (if urgent)  
**PPMC:** 215-662-8290

### \*\*Infection Control

**HUP:** 215-662-6995  
 After hours: call operator  
**PPMC:** 215-662-8098  
 After hours: call operator or email  
 Judith.O'Donnell@pennmedicine.upenn.edu

### †Penn Medicine OnDemand

**Phone:** 215-615-2222  
**Online:** My Penn Medicine portal