

**Standing Committee for Monitoring & Implementation of various guidelines regarding  
Infection Control & Quarantine  
ABVIMS & Dr. RML Hospital, New Delhi – 110001**



**SOPs for Management of Health Care Workers exposed to COVID-19 virus**

1. All the health care workers must report every exposure to COVID-19 to the concerned Head of the Department.
2. The Head of the Department will get the details of the exposure as per the Annexure I enclosed herewith at the earliest after the exposure on the same day.
3. Based on this assessment, the exposure will be classified as high or low risk for COVID-19 infection as per the recommendations mentioned in Annexure I.
4. The Head of the Department will decide upon the actions based on the level of exposure as per the guidelines in Annexure II.
5. The HOD will forward filled Annexure I for each of the exposed HCW to the Standing Committee on the day of exposure at **malachhabra@yahoo.co.in**
6. The Committee will review the risk categorization and the actions suggested by the Head of the Department on the same day.
7. The Committee will give its suggestions to the concerned HOD and the MS on the same day.
8. The Head of the Department must report to the Committee if any of the exposed HCW develop symptoms, get tested or came out to be positive for COVID-19 virus.

# COVID-19 Virus Exposure Risk Assessment Form for Health Care Workers (HCW) Annexure I

1. Health Care Worker Information	
A. Name	
B. Department	
C. Phone number	
E. Age (in completed years)	
F. Gender	Male      Female
G. Current place of stay (Complete address)	
H. Type of HCW (specify) (Doctor, Nurse, Technician, others)	
2. HCW interactions/ activities performed on COVID-19 patient information	
A. Date of exposure to confirmed COVID-19 patient	
B. Place of Exposure:	
C. Approximate distance from the patient (in feet)	
D. Duration of contact (minutes)	
E. Aerosol-generating procedure was performed on the patient?	Performed      Present/      Not Present
F. Accidental exposure to body fluids	Yes/   No
F2. If yes, what type of procedure	1. Intubation/ 2. Nebulisation 3. Airway suctioning 4. Collection of sputum/ 5. Tracheostomy 6. Bronchoscopy/ 7. CPR 8. Other: _____
G. Did you have direct contact with the environment where the confirmed COVID-19 patient was cared for? E.g. bed, linen, medical equipment, bathroom etc.	Yes/   No/   Unknown
H1. During the health care interaction with a COVID-19 patient, did you wear PPE	Yes/   No
H2. If yes, which of the below items of Protection used:	
1. Surgical triple layer mask	Yes/   No
2. N95 mask,	Yes/   No
3. Single use gloves	Yes/   No
4. Disposable gown	Yes/   No
5. Face shield or goggles/ protective glasses	Yes/   No
I. Did you perform hand hygiene after touching the patient's surroundings (bed, door, handle etc.), regardless of whether you were wearing gloves?	Yes/   No/   NA

**Risk Categorization of Health Care Worker exposed to COVID-19 virus based on the above tool:**

## 1. High risk for COVID-19 virus infection

- Exposure of more than 15 minutes
- Distance from the patient less than 2 metre/ 6 feet
- Protection not used as recommended

## 2. Low risk for COVID-19 virus infection

All other exposure

**The risk categorization of the HCW is:      High Risk/      Low Risk**

**Action taken:**

Health Care Worker

Head of the Department (Signature & Seal)

## **Recommendations for Management of HCWs exposed to COVID-19 virus**

### **1. HCW at high risk for COVID-19 infection:**

- Stop all health care interactions with patients for a period of 14 days after the last day of exposure to a confirmed COVID-19 patient;
- Be tested for COVID-19 between day 5 and 14 days after the last day of exposure;
- Quarantine for 14 days in a designated setting.

### **2. HCW at low risk for COVID-19 infection:**

- Self-monitor temperature and respiratory symptoms daily for 14 days after the last day of exposure to a COVID-19 patient.
- Be tested for COVID-19 between day 5 and 14 days after the last day of exposure;
- HCWs must inform the HOD if they develop any symptoms suggestive of COVID-19 and get tested immediately.

### **For all the HCWs at high or low risk for COVID-19 infection, reinforce the following:**

- Contact and droplet precautions when caring for all patients with acute respiratory illness and standard precautions for all patients;
- Airborne precautions for aerosol-generating procedures on all suspected and confirmed COVID-19 patients;
- Reinforce the rational, correct, and consistent use of personal protective equipment;
- Apply WHO's "My 5 Moments for Hand Hygiene" before touching a patient, before any clean or aseptic procedure, after exposure to body fluid, after touching a patient, and after touching a patient's surroundings;
- Practice respiratory etiquette at all times.