

Recommendations for healthcare workers, having had unprotected (without a mask) contact with COVID-19 cases

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Contact HCW

A contact of a COVID-19 case is a healthcare worker (HCW) not currently presenting symptoms, who has been in contact with a laboratory proven COVID-19 case outside the hospital, or inside the hospital not using appropriate personal protective equipment. The associated risk of infection depends on the level and duration of exposure.

Definition of Contact

- A HCW having had unprotected direct contact with infectious secretions of a COVID-19 case (e.g. being coughed on, touching used paper tissues with a bare hand not immediately followed by hand hygiene)
- A HCW having had unprotected contact with a COVID-19 case within 2 meters and > 15 minutes

Measures after unprotected contact with a COVID-19 positive patients

Active self-monitoring for fever and respiratory tract infection symptoms for 14 days

HCW can continue to work as long as asymptomatic and while

- i) Carrying a surgical mask in close contact with patients (<2m) and HCWs
and
- ii) Performing excellent hand hygiene

Measures outside work: HCW should avoid crowds, otherwise no restrictions as long as asymptomatic

Onset of acute respiratory symptoms and/or fever

Rapid access to COVID-19 testing and results

Can continue to work, if test is negative and symptoms are mild

If positive: see separate recommendations from Swissnoso