Isolation Guidance for Essential Services Personnel

Update 03/22/2020

COVID-19 is circulating in Iowa communities and many more Iowans are likely to become ill in the coming weeks. This guidance describes isolation recommendations for ill and well Iowans and essential services personnel.

Essential services personnel includes the following categories:

- Healthcare providers
- Law enforcement
- Fire & EMS personnel
- Long Term Care personnel
- Residential Support Facility personnel
- Public Health & Emergency Management personnel

Isolation Recommendations for **Well Essential Services Personnel with Potential COVID-19 Exposure**

Essential services personnel would be considered exposed to COVID-19 in the flowing situations:

- Traveled outside of Iowa for business or vacation in the last 14 days
- Taken a cruise anywhere in the world in the last 14 days
- Traveled internationally to a country with a level 3 travel warning in the last 14 days
- Live with someone who has symptoms of COVID-19 or has tested positive for COVID-19
- Provided care for a patient with symptoms of COVID-19 or has tested positive for COVID-19 without using proper PPE
- Had close contact (within 6 feet for more than 2 minutes) with a person who is visibly sick with respiratory symptoms (i.e., sneezing, coughing) or says they are sick with fever or respiratory symptom

Essential services personnel are allowed to go to work as long as they remain asymptomatic and monitor their temperature at the beginning and end of their shift. If essential services personnel become symptomatic at any point during their shift, they should be sent home immediately and self-isolate until the conditions below (recommendations for all ill essential services personnel) are met. When Essential Service Personnel are not working, they should stay at home and isolate themselves from others in the home for 14 days after their last exposure.

If essential services personnel are providing healthcare in a hospital, long term care, pre-hospital setting or residential care facility- they should wear a procedure/surgical mask when providing care (within 6 feet of patients).

Isolation Recommendations for **Essential Services Personnel ill with fever or respiratory symptoms** (like cough or difficulty breathing)

Stay home and isolate from others in the house until:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
  AND
- other symptoms have improved (for example, when your cough or shortness of breath have improved)
  AND
- at least 7 days have passed since your symptoms first appeared