

## **Meridian Services, Zenith Services, Orion Associates**

### **COVID-19 Quarantine Policy:**

This policy is fully compliant with CDC and MDH guidelines.

No staff member should work if they are sick. Staff should continually self-assess for the following symptoms including taking their temperature each day when coming to the office or before their residential, vocational or in-home shift. If any of these symptoms are present, staff should stay home or go home. If symptoms begin while at a residential site, staff should isolate from others to the extent possible until they are replaced on shift.

- Fever
- Cough
- Shortness of Breath
- Severe Difficulty Breathing
- Persistent Chest Pain or Pressure
- New confusion or inability to rouse
- Chills
- Headache
- Muscle Pain
- Sore throat
- New loss of taste and smell
- Gastrointestinal symptoms such as nausea, vomiting, diarrhea

If you have had contact with someone who tested positive for COVID-19 or someone who has been told to self-quarantine by a medical professional or if you are showing the above symptoms, you must notify your supervisor immediately.

All staff who have tested positive for COVID-19 are excluded from working for at least 10 days and must be fever and symptom free for 24 hours.

If staff live with someone who has tested positive, they should immediately be excluded from work until they are tested or until they quarantine. Quarantine is recommended for 14 days.

**It is recommended that when a person served or staff person tests positive for COVID-19 that everyone who had contact in the home gets tested at 5-7 days.**

### **Risk Assessment**

Risk assessment is determined to begin 48 hours before the person who tested positive experienced symptom on-set or if asymptomatic, 48 hours before the testing date.

Staff exposed to COVID-19 at their work site will be asked the following questions:

- 1) Were you wearing a mask at all times? If not, when did you remove your mask?
- 2) Were you within 6 feet of the person testing positive and for how long?

### **Low Risk Assessment**

**If the exposed staff person was wearing a mask at all times, and they were not within 6 feet of the positive person for more than 15 minutes total during the entire shift, they will be considered low risk.**

Low risk with a coworker is defined as present in the same indoor environment but staff did not have prolonged close contact and everyone was wearing a mask.

Prolonged close contact is defined as closer than 6 feet for greater than 15 minutes total during their shift or in a 24 hour period.

Staff persons assessed as low-risk will be allowed to continue to work, monitoring for symptoms for 14 days.

### **High Risk Assessment**

High risk with a person served is prolonged close contact for greater than 15 minutes without a face mask and other PPE (eye protection, surgical face mask, gown and gloves).

Staff should wear surgical masks, gowns, gloves and goggles when assisting the person served with personal care and for all contact within 6 feet.

High risk with a positive coworker is direct contact with infectious secretions (being coughed on) without wearing all PPE (eye protection, face mask, gown and gloves) and/or prolonged close contact, within 6 feet for more than 15 minutes total for the entire shift or 24 hours, without masks.

People who are assessed as high-risk exposures will be excluded from work and expected to follow the quarantine guidelines below.

### **Quarantine with live-in**

If a person served tests positive, the house may quarantine using the live-in model to protect the other residents, the community and as many staff as possible.

### **Quarantine guidelines for staff:**

The CDC and MDH generally recommend quarantine for those working and living in long term care for the full 14 days. Staff are protected from being required to return to work within the 14 day quarantine period by Minnesota law if they are high risk.

Staff who have had a high-risk exposure to someone who has tested positive for COVID-19 may discontinue quarantine and return to work without testing if they have had no symptoms after 10 days. Staff must wear a surgical face mask or N95 mask (not a cloth mask) during the

remaining 4 days when they are within 6 feet of any other person and when doing personal care with a person served. This can be considered when faced with staffing shortages and when the staff person agrees to these conditions.

Quarantine can be discontinued after 7 days if the person has no symptoms and has tested negative within 48 hours of the 7 days. (Testing on day 5 or 6). Staff must wear a surgical face mask or N95 mask, not a cloth mask, during the remaining 7 days at all times and when they are within 6 feet of any other person and when doing personal care with a person served. This can be considered when faced with staffing shortages and when the staff person agrees to these conditions.