



ADVANCED
ORTHOPEDICS
NEW ENGLAND

PATIENT: COVID 19 Community
and Work Exposure Monitoring and Testing Guidelines

Revised 12/03/2020; 5/14/2021; 11/12/2021; 12/30/2021

Purpose: Policy designed to assist with appropriate decision making to reduce the risk of patient/visitor to employee COVID- 19 exposures. Each exposure will be evaluated on a case-by-case basis.

Procedure:

Maintain Patient and Visitor COVID screening practices per EPIC workflow.

No visitors in exam rooms unless approved by provider and necessary. Must pass screening.

Ensure air filters are on in all rooms at the start of each day. Turn off, at night.

100% patient/visitor/healthcare provider masking at all times.

Patients, visitors that enter exam room must wash hands.

Employees maintain hand hygiene practices.

Patient COVID exposure and testing guidelines:

AONE Occupational Employee Exposure level:

- High Risk—unlikely. See link above for risk level definitions. Adhere to 100% mask policy, employee symptom reporting, patient/visitor screening, social distancing, hand/cough hygiene policies at all times.
- Low Risk- potential. See link above for risk level definitions. Adhere to 100% mask policy, employee symptom reporting, patient/visitor screening, social distancing, hand/cough hygiene policies at all times.
- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

Our protocol must consider patient acuity and follow the CDC guidelines in terms of COVID related quarantine and isolation.

- If a patient tests positive- AONE Provider will need to assess patient acuity should they have an appointment within the 10day quarantine period. Per the CDC, the patient needs to isolate for 5 days however, given the risk for prolonged close contact we recommend the full 10-day isolation period for all patients before being seen in our office.
Ex. Pt developed symptoms on Sunday. Tests on Monday and results on Wednesday.
Day 0= Sunday; Day 1= Monday; Day 5= Friday. Day 10= the following Wednesday and the patient can be treated without enhanced precautions on Thursday (day 11). *Unless remains symptomatic—review with Provider and Covid team.
- If a patient tests positive and requires care (per their Provider) after 5 days but before 10 days we must adhere to enhanced precautions*, limit close contact, ensure no fever >24 hours without medication, improved symptoms, and no excessive coughing.
- If a patient tests positive and requires care in less than 5 days from positive results the Provider and COVID team must review for specific instructions.

See CDC Guidelines page 2 below



Released 12/27/2021

If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days. ★

If you have a fever, continue to stay home until your fever resolves.

Symptomatic:
Regardless of vaccination status- no office visit, unless approved by Covid Team and Provider Team until testing complete

Symptomatic Testing- rapid/antigen acceptable. 2- At-Home tests done 24 hours apart with negative result also acceptable

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

Exposed= prolonged close contact
Home/Community versus Occupation risks
need to be assessed on individual basis

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms get a test and stay home.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted

OR

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days. ★
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

If you develop symptoms get a test and stay home

- <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

Exposure quarantine recommendations above are based on CDC guidelines.

Asymptomatic day 5 testing= PCR/NAAT test

Symptomatic testing= rapid/antigen

★Enhanced Precautions: Source control is essential. For all those that have tested Covid positive or those with known exposure, the practice will require enhanced precautions/source control. N95/KN95 preferred; tied surgical masks if approved