

The following guidelines are shared **as a sample** to show the CDC guidelines to assess risks associated with getting COVID-19 *when living in a community that does not have sustained community transmissions*. By reading below you may conclude that most Technimark working environment interactions are deemed by these guidelines to fall under **Low Risk** or **No Identifiable Risk**.

Local Health Department Guidance & Instructions take precedence over this info-only guide.

These are excerpts from CDC document date revised 3/7/20; confirmed current on 3/14/20. Full government policy including full definitions and additional information related to international travelers can be accessed at the CDC's website. *The local Health Department or your health care professional must be consulted to assure the most recent guidance for your community are utilized.*

Risk Level Definition	What to do if no symptoms?	What to do if symptoms?
<p>High Risk: Living in the same household as, being an intimate partner of, or providing care in a nonhealthcare setting (such as a home) for a person with symptomatic laboratory confirmed COVID-19 infection <i>without using recommended precautions</i> for home care and home isolation.</p>	<p>self-quarantine yourself or under orders from the local health department (<i>current standard is 14 days</i>); no public activities; daily monitoring; controlled travel</p>	<p>immediate isolation with consideration of public health orders (call your health provider for instructions); have health assessment to determine the need for medical evaluation; more requirements on EMS transport and no local travel by private vehicle unless symptomatic person is wearing a facemask</p>
<p>Medium Risk: “Close contact” with a person with symptomatic laboratory confirmed – COVID-19; OR living in the same household as, an intimate partner of, or caring for a person in a non-healthcare setting (such as a home) to a person with symptomatic laboratory confirmed COVID-19 infection <i>while consistently using recommended precautions</i> for home care and isolation.</p> <p><i>“Close contact” is defined as being within about 6’ of a person who has COVID-19 for greater than a 10 minute period of time; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting room with a person who has COVID-19.</i></p>	<p>recommended to stay at home or in a comparable setting (<i>current standard is 14 days</i>); practice social distancing; actively monitor your conditions; recommended to postpone long-distance travel on commercial transportation</p>	<p>self-isolate yourself; have a public health assessment to determine the need for a medical evaluation (call your health provider for instructions), get the evaluation if warranted; if needed ideally transport via EMS with prenotification to Health Care Facility; controlled travel only via medical transport or private vehicle if symptomatic person is wearing a facemask</p>
<p>Low Risk: Being in the same indoor environment (eg a classroom, a hospital waiting room) with a person who has confirmed COVID-19 for a prolonged period of time, but not meeting the definition of close contact.</p> <p><i>(definition of “close contact” in section above)</i></p>	<p>no restrictions on movement, self-observation</p>	<p>self-isolation, social distancing, person should seek health advice to see if medical evaluation is needed; if person seeks medical evaluation and care, it should be guided by clinical presentation; diagnostic testing for COVID-19 should be guided by CDC’s definitions, Commercial travel should be postponed until no longer symptomatic.</p>
<p>No Identifiable risk: Interactions with a person with confirmed COVID-19 that do not meet any of the High, Medium or Low risk conditions above like walking by the person or briefly being in the same room</p>	<p>no actions needed</p>	<p>follow same guidance as for Low Risk “If Symptoms”</p>