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OPERATIONAL BULLETIN

| Bulletin # | Title | | Date Issued |
|---------------------|---|--------------------------------|-------------------|
| #2022-02-04-01 | Updated Quarantine and Isolation Guidance for EMS Professionals | | February 4, 2022 |
| Superseded | Released By: | Source: | Page(s) |
| N/A | Maine EMS | Maine EMS, Maine CDC, & US CDC | 1 and attachments |
| Approved By: | J. Sam Hurley, MPH, EMPS, NRP (Maine EMS Director) | | |

The U.S. Centers for Disease Control and Prevention (CDC) updated their guidance regarding isolation and quarantine for healthcare workers on January 21, 2022. In response to those changes and other recent changes made by the U.S. and Maine CDC, Maine EMS has revised its guidance to EMS agencies. Maine EMS is in the process of revising the *Maine EMS COVID-19 Response Playbook for First Responders* and will be publishing Version 5.0 in the coming days. In the interim, Maine EMS has elected to release the attached guidance documents for immediate deployment as it may have benefits to EMS agencies at returning personnel to work sooner.

It is imperative that services fully understand these documents prior to implementation. Should service leaders have any questions, they are advised to reach out to their infection control officers, medical directors, and touch base with the Maine EMS Office. Maine EMS recognizes that other healthcare facilities may have adopted differing guidance regarding return to work related to quarantine and isolation; however, that may be based on their relative position in the standards of care continuum. Remember, the continuum spans from conventional to contingency to crisis standards. The documents attached to this bulletin are considered conventional standards and EMS agencies *should not* move to contingency or crisis standards without consultation with Maine EMS.

If you have any questions, please don't hesitate to reach out to Maine EMS via email at maine.ems@maine.gov.

Attachments:

2022-02-04 Quarantine Guidance following Exposure

2022-02-04 Returning to Work Guidance for Clinicians with Positive COVID-19 Test

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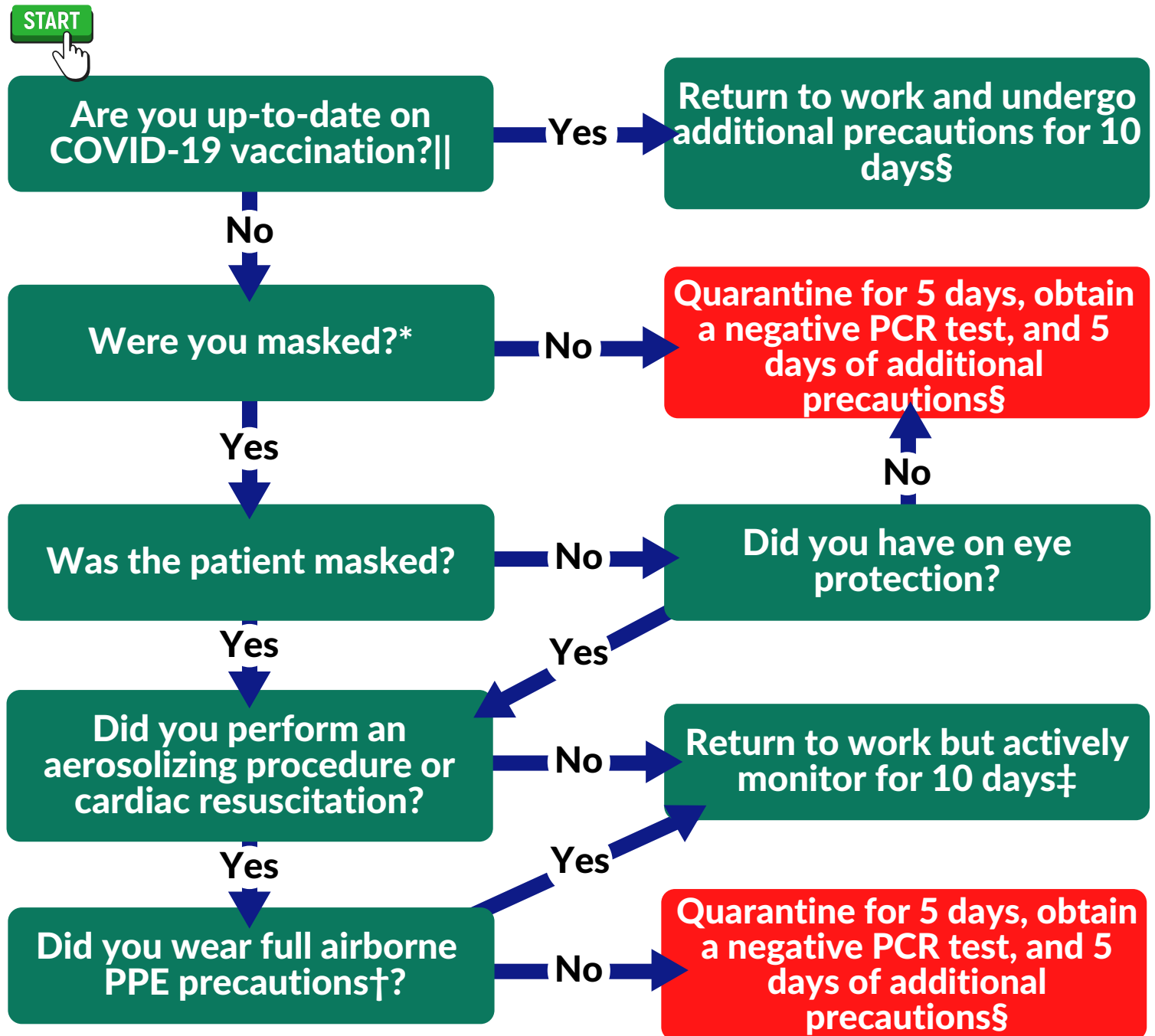
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Quarantine Guidance for EMS Clinicians Exposed to Confirmed Cases of COVID-19 (Updated February 4, 2022)

*** This guidance is intended for use in collaboration with a service's Infection Control Officer (ICO)***



* N95 respirators (equivalent or higher) are recommended when caring for COVID-19 patients. Cloth face coverings are not considered PPE for patient interactions

† Full airborne PPE: N95 respirator (equivalent or higher), gloves, gown, and eye protection

‡ Actively monitoring means daily symptom and temperature checks (on and off duty)

§ Additional precautions include taking meals separately, sleeping in separate enclosed spaces (no bunk rooms), wearing N-95 masks at all times, practicing good respiratory and hand hygiene, and actively monitoring for signs and symptoms. Maine EMS recommends that EMS agencies require N-95 for all staff members when there is an individual who is observing additional precautions rather than just surgical masks/face coverings around the base/station.

||Up-to-Date is based on US CDC's definition and means a person who has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible

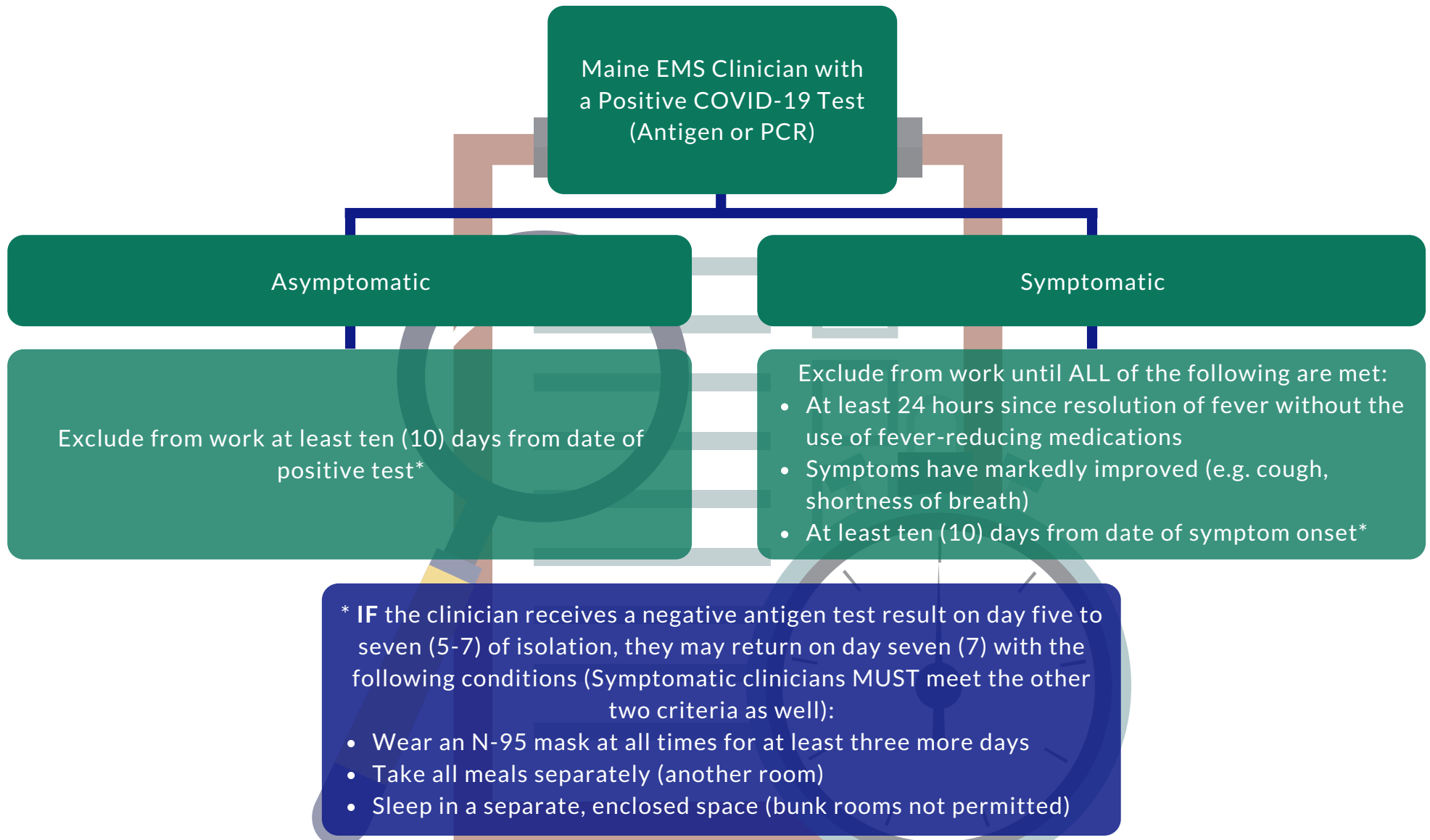
Note: For calculating days consider the day of exposure as day zero (0)

Note: This is interim guidance and is subject to change, current as of February 4, 2022

For More Information
Including an Up to Date List
of Signs/Symptoms:



EMS Clinician Return to Work Guidance After Positive COVID-19 Test (Updated February 4, 2022)



Note: For calculating days consider the day of symptom onset or first positive test, if asymptomatic, as day zero (0)

For More Information:

Note: Interim guidance and is subject to change.
Information current as of February 4, 2022

