### Health Care Worker COVID-19 Exposure Risk Assessment Matrix

**CONTACT TYPE – See page 2 for more detailed assessment for a breach**

<table>
<thead>
<tr>
<th>CONTACT TYPE</th>
<th>LOW RISK</th>
<th>MODERATE RISK</th>
<th>HIGH RISK</th>
</tr>
</thead>
<tbody>
<tr>
<td>No contact</td>
<td>Low Risk</td>
<td>Depending on risk assessment</td>
<td>High Risk</td>
</tr>
<tr>
<td>Transient Contact – Low Risk</td>
<td>Moderate Risk</td>
<td>Depending on risk assessment</td>
<td>High Risk</td>
</tr>
<tr>
<td>Medium Risk Scenarios</td>
<td>Any face-to-face contact within 1.5 metres and less than 15 minutes</td>
<td>Depending on risk assessment</td>
<td>High Risk</td>
</tr>
<tr>
<td>Highest Risk Scenarios</td>
<td>Prolonged face-to-face contact within 1.5 metres and greater than 15 minutes</td>
<td>Depending on risk assessment</td>
<td>High Risk</td>
</tr>
</tbody>
</table>

### PPE worn during contact between health care worker and case

1. No effective PPE worn by staff member or case e.g. no PPE or PPE with major breaches such as mask below nose
   - Low Risk
   - Moderate Risk
   - High Risk
   - High Risk
   OR
   - Low to Moderate Risk
   - Moderate Risk
   - High Risk
   - High Risk

2. Surgical mask only worn by staff member i.e. no eye protection
   - Case no PPE
   - Low Risk
   - Low to Moderate Risk
   - Moderate Risk
   - Moderate Risk
   OR
   - Low to Moderate Risk
   - Moderate Risk
   - High Risk
   - High Risk

3. Surgical mask only worn by staff member i.e. no eye protection
   - Case wearing surgical mask
   - Low Risk
   - Low to Moderate Risk
   - Moderate Risk
   - High Risk
   OR
   - Low to Moderate Risk
   - Moderate Risk
   - High Risk
   - High Risk

4. Staff member in surgical mask and eye protection\(*) with no concerns or breaches
   - Case no PPE
   - *Use of gown/apron and gloves should be risk assessed based on individual incident, exposure to body substance and chances of environmental contamination
   - Low Risk
   - Low Risk
   - Low to Moderate Risk
   - High Risk
   OR
   - Low to Moderate Risk
   - Moderate Risk
   - High Risk
   - High Risk

5. Staff member in surgical mask and eye protection\(*) with no concerns or breaches
   - Case wearing surgical mask
   - Low Risk
   - Low Risk
   - Low to Moderate Risk
   - High Risk
   OR
   - Low to Moderate Risk
   - Moderate Risk
   - High Risk
   - High Risk

6. Staff member in P2/N95 and eye protection; no breaches
   - Case either with or without PPE
   - *See note in Category 4 box
   - Low Risk

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**LOW RISK**
- Continue to work
- Test if symptomatic

**LOW TO MODERATE RISK**
- Initial test usually not earlier than day 2 post exposure, but can work while result is pending
- Retest day 5
- Monitor for symptoms, test if symptomatic
- Wear a mask at all times on site, including staff only spaces

**MODERATE RISK**
- Leave workplace immediately and isolate
- Test as soon as possible, but not before day 2; isolate until day 5 and retest.
- If both negative, can return to work with repeat testing every 72 hours
- Clearance/exit test on day 13
- Monitor for symptoms, test if symptomatic
- Wear a mask at all times on site, including staff only spaces

**HIGH RISK**
- Leave workplace immediately and isolate for 14 days from last exposure
- Initial test usually not earlier than day 2 post exposure
- Monitor for symptoms, test if symptomatic
- Retest day 7 post last exposure
- Retest day 13 (clearance test)
- Proof of negative day 13 test is needed to return to work
• **PPE Breach Risk Assessment key principles.**
  - Perform a risk assessment to determine the level of exposure as applied to COVID-19 suspected/confirmed.

- **LOW RISK BREACH**
  - Breaches in PPE that occur below the neck and managed immediately. E.g. torn glove
  - Remove from situation
  - Remove Item
  - Perform Hand hygiene

- **MODERATE RISK BREACH**
  - Incorrect use of PPE, incorrect PPE for task
  - Contamination occurs during doffing (occurs above the neck)
  - Remove from situation
  - Remove PPE
  - Perform Hand Hygiene
  - Screening/testing and continuous monitoring

- **HIGH RISK BREACH**
  - Exposure of mucous membranes by direct droplets from confirmed COVID positive. (E.g. spitting in HW face by confirmed COVID)
  - Gross contamination during incorrect doffing
  - Contamination occurs during doffing
  - Remove from situation
  - Remove contamination
  - Remove PPE
  - Closely Monitor, screen/test, consider removing from clinical duties

**Contact Precautions** protect the HW by minimising the COVID-19 transmission risk from direct physical contact with patients or indirect contact from shared patient care equipment or from contaminated environmental surfaces.

**Droplet Precautions** protect the HWs nose, mouth and eyes from droplets produced by the patient coughing and sneezing.

**Airborne Precautions** protect the HWs respiratory tract from very small and unseen airborne particles that become suspended in the air.

Adapted and modified from work developed by AUSMAT Quarantine management and operations compendium for the Howard Springs Quarantine Facility for the Repatriation of Australians at the Centre for National Resilience. National Critical Care and Trauma Response Centre. Darwin 2021.