



## ARIZONA DEPARTMENT OF HEALTH SERVICES

### **Guidelines for Testing Asymptomatic EMS Personnel Exposed to COVID-19**

On April 23, 2020, the Arizona Department of Health Services (ADHS) Director, Dr. Cara Christ, updated [standing orders](#) expanding commercial laboratory testing criteria.

With the reported increase in the availability of testing supplies and PPE, the order was updated to expand testing by removing perceived barriers to commercial testing. The new criteria allows testing sites to test individuals who think they have been exposed to and could be infected with COVID-19.

The following guidelines should be considered prior to testing:

- Individuals with **prolonged exposure** to a suspected or confirmed case of COVID-19 are eligible for testing. Prolonged exposure includes working alongside and sharing living quarters with another EMS personnel who has tested positive for COVID-19.
  - Those with short-duration exposures and who were wearing appropriate PPE during the exposure period are at lower risk of developing a COVID-19 infection. This includes providing care for a patient with suspected or confirmed COVID-19 while the EMS personnel are wearing appropriate PPE.
- Any individual who undergoes COVID-19 testing is **required** to sign a consent form and, if symptomatic, remain in voluntary isolation until they receive results.
  - If tested negative for COVID-19 and have compatible symptoms (fever, cough, shortness of breath), the individual must remain under home isolation precautions until 3 days (72 hours) after all symptoms of acute infection resolve.
  - If tested negative for COVID-19 and asymptomatic, the individual does not need to isolate.
  - If tested positive for COVID-19 (symptomatic or asymptomatic), the individual must remain under home isolation precautions for a minimum of 7 days from specimen collection OR until 3 days (72 hours) after fever is gone and symptoms of acute infection resolve, whichever is longer.
- This update does not change testing prioritization through the Arizona State Public Health Laboratory (ASPHL). The [ASPHL Testing Matrix](#) should still be utilized when requesting testing at the state lab.