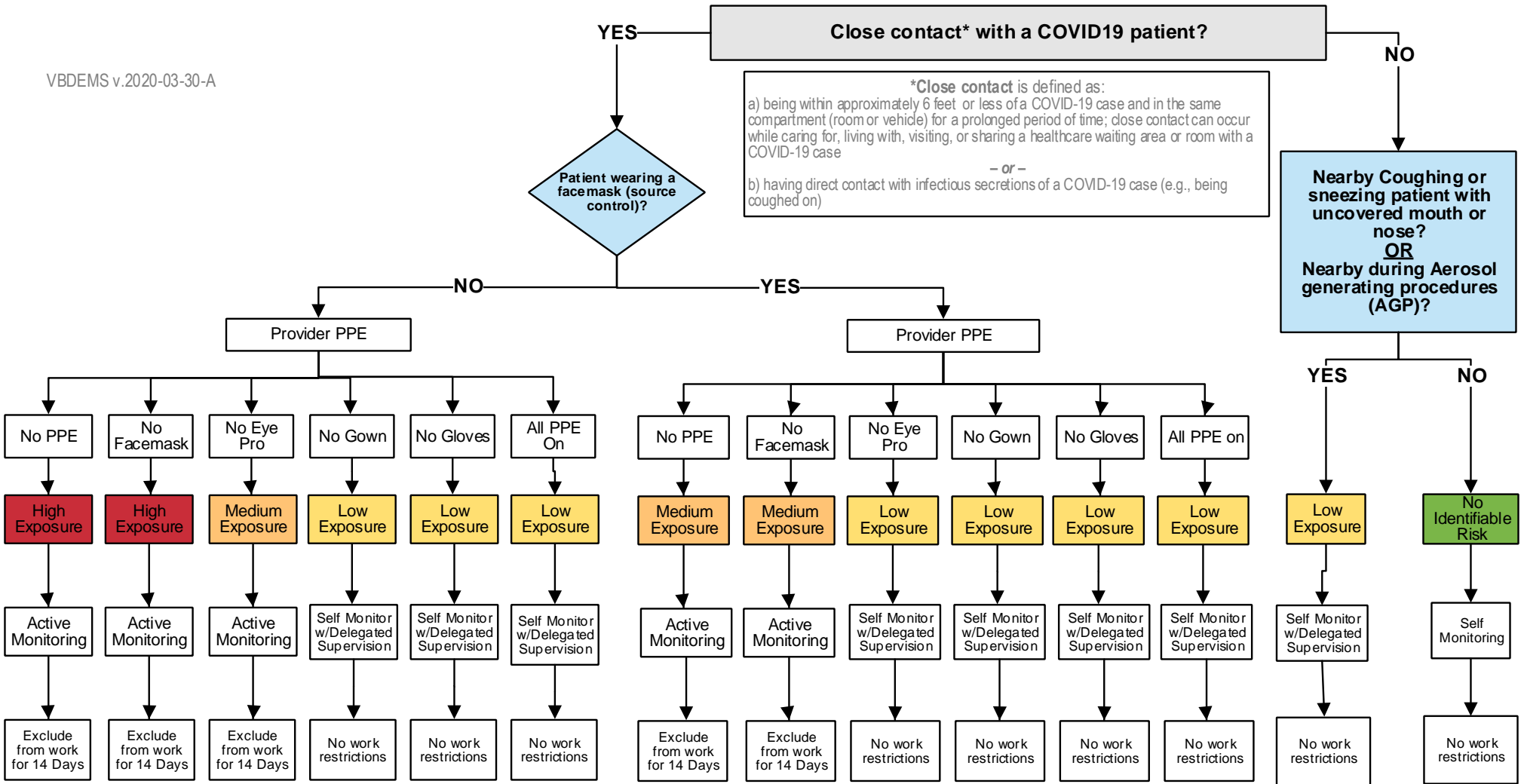


## Provider Exposure Risk Matrix

VBDEMS v.2020-03-30-A



**Self Monitoring (sm)** - You should monitor yourself for fever by taking your temperature twice a day, and you should remain alert for respiratory symptoms (cough, shortness of breath, sore throat). “Fever” either means a temperature of 100.0 degrees Fahrenheit, or subjective fever. COVID-19 could cause other symptoms as well, including muscle aches, nausea, vomiting, diarrhea, abdominal pain, headache, runny nose, or fatigue. You should continue to report to duty as long as you are free of signs & symptoms. If you develop symptoms during the monitoring period, you should stay home and isolate yourself, then contact your doctor, your squad leadership or shift supervisor, and the EMS Safety Officer.

**Self Monitoring with Delegated Supervision (smDS)** - You should self-monitor as described above. You should also **report** your temperature and the absence of symptoms to your department **prior to each duty** via [the web-based self-monitoring screening and reporting tool](#). This tool is also available from the [vbems.com](#) homepage. You should continue to report to duty as long as you are free of signs & symptoms.

**Active monitoring with Work Restriction (ACTIVE\_WR)** - You should **report** your temperature and the absence of symptoms to your department **at least once each day** via [the web-based self-monitoring screening and reporting tool](#). This tool is also available from the [vbems.com](#) homepage. You are also now under a **work restriction**. This means you should stay home and not report for duty. **IF** your department declares catastrophic staffing levels, this work restriction may be relaxed and you may be asked to report back for duty as long as you are free of signs & symptoms – but you will have to wear at least a surgical mask when you are around others.

When proper PPE is used properly, and exposure risk would be Low but “extensive body contact” or AGPs are factors, exposure risk may be bumped up to Medium without assigning you to ACTIVE\_WR.