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# COVID-19 and Risk for Medical Procedures

— (including aerosol generating  
procedures) —

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## **TRANSPARENCY REGARDING THESE RECOMMENDATIONS**

As you can imagine there is a lack of research to determine levels or risk of exposure for COVID-19 for such things as Medical Appointments.

This is our best effort to date to summarize our recommendations. To be clear, this is not guidance from CDC or Department of Health. As formal recommendations are provided to us we may adjust this information.

# COVID-19 and Risk for Medical Procedures

High Risk	Medium Risk	Low Risk
<p>Urgent Care/ER visit Hospital admission Procedures on Inpatient Floor Mechanical Ventilation CPR High flow oxygen CPAP/BIPAP Bronchoscopies Oral/nasal/throat surgeries</p>	<p>Endoscopies Dental procedures Transesophageal echocardiograms Nebulizer treatments Nasal oxygen &gt; 6 liters/minute</p>	<p>Outpatient Visits Nasopharyngeal swabs Cardiac stress tests Colonoscopies Dermatologic surgeries Ophthalmology procedures General surgeries with local anesthesia Imaging, Xrays, CT scan, MRI, Pet Scans, mammograms, ultrasounds</p>

# OUTPATIENT & AMBULATORY OFFICE VISITS

There is some risk in any visit or activity off campus.

We recommend that you take advantage of “telemedicine” whenever possible, however we understand that is not always ideal.

All Outpatient and Ambulatory offices are required to develop a plan to help limit COVID exposure to their patients. This in conjunction with the prevalence has us believe that this is a LOW Risk exposure.

# What if I go to Urgent Care or the Emergency Department/Inpatient ?

Anyone evaluated at an Urgent Care or Emergency Department or needing an Inpatient Hospitalization would indicate a **HIGH** Risk.

- Follow HIGH Risk slide

Why? Due to increased potential for exposure of COVID-19.

Each case will be reviewed individually along with current data or recommendations.

You will likely be asked to be tested for COVID-19 after returning home.

# Low Risk Appointment Precautions when returning to Wake Robin

Continue to follow current precautions on campus.

Wear a mask, ensure 6ft distance between you and others.

Avoid participating in any groups for 14 days.

# Moderate Risk Appointment Precautions when returning to Wake Robin

continue to follow current precautions on campus.

Wear a mask, ensure 6ft distance between you and others.

Avoid participating in any groups for 14 days.

Monitor yourself closely for symptoms over the following 14 days, if you develop any symptoms Quarantine yourself immediately and call the Wellness Center.

# High Risk Appointment Precautions when returning to Wake Robin

Quarantine yourself(and partner) for 14 days.

Self monitor for 14 days, any symptoms please report to the Wellness Center and primary care physician(on call avail 24/7).

Mail will be delivered to your home.

Refrain from **any and all** contact with others.

You may go outside, ensure you are wearing a mask and not visiting with others.

We may recommend testing for COVID-19, this will be decided case by case along with up to date prevalence of the virus.



# Summary

As always, if you have any questions or need help determining what precautions you need to take give the Wellness Center a call 264-5139.

We understand that we did not list each and every possible medical appointment you may have. We are happy to review your individual scenario with you case by case if needed.

Thank you,

Meagan