

Emergency Medical Services
Mail Stop: 13801B
680 Hale Avenue North, Suite 230
Oakdale, MN 55128
Main 651-254-7780
Fax 651-778-3778

regionsems.com



March 19, 2020

To our first responder community,

Due to severe limitations in laboratory and testing capacity for COVID-19, testing is currently focused on the highest priority specimens, including first responders with symptoms, hospitalized patients and health care workers with symptoms. Those in congregate living settings such as long-term care will also be given high priority.

We assume that our first responder community will have high exposure risk to COVID-19 in the line of duty similar to health care workers. As a result, we make recommendations for COVID-19 testing **based on symptom patterns**, and not based on exposure scenarios.

If a first responder develops symptoms of fever, cough, or shortness of breath, they should call the following number (612-339-3663) and present to a testing location as directed. Police officers, firefighters, and EMS personnel must identify themselves by occupation during the phone screening process so they can be tested. First responders should remain on self-quarantine at home as long as they have illness symptoms.

Return to duty:

If the first responder has symptoms but does not meet testing criteria, or has a negative test result, they may return to duty after the following conditions are met:

- At least 3 days (72 hours) have passed *since* resolution of fever without the use of fever-reducing medications, **AND**
- They have improvement in respiratory symptoms (e.g., cough, shortness of breath)

If COVID-19 testing is positive or test results are pending, first responders may return to duty if the following conditions are met:

- Fever and symptoms have resolved **AND** they have tested negative for COVID-19 on a second test.
- A second COVID test will not be performed until at least 3 days (72 hours) have passed *since* resolution of fever without the use of fever-reducing medications
- At least 7 days have passed *since symptoms first appeared*

Please do not hesitate to contact us if you have further questions.

Paul J. Anderson MD, MPH
Zeke McKinney MD, MPH

Occupational and Environmental Medicine



HealthPartners®
Park Nicollet®
Stillwater Medical Group

Aaron Burnett MD
Bjorn Peterson MD

RJ Frascione MD
Kari Haley MD

