

## Isolation Guidance for Staff Exposed to COVID-19

Updated: March 24, 2020

For clinical exposures, Occupational Health will notify those who were potentially exposed.

- If an exposed healthcare worker is asymptomatic and was wearing all appropriate PPE, they will be asked out of an abundance of caution to self-monitor for symptoms, but they are not considered at significant risk of exposure.
- An individual who was not wearing appropriate PPE may work but **MUST** wear a surgical mask at ALL TIMES and will be asked to self-monitor for symptoms for 14 days after the exposure.
- For any individual who is monitoring symptoms, in the event any respiratory symptoms or fever develops, they should **STOP** work immediately, remove themselves from patient care, contact their supervisor, notify Occupational Health and undergo assessment for COVID-19.
- Employees on the 21<sup>st</sup> avenue campus can be assessed in the ambulatory section of the MCE garage, 21<sup>st</sup> avenue side. Employees off the 21<sup>st</sup> avenue campus can proceed to the nearest assessment site – listed on the web page.
- There is **NO** indication for testing asymptomatic, exposed healthcare workers.

For household exposures to a confirmed COVID-19 positive person, any exposed healthcare worker will be required to self-quarantine at home for 14 days from last exposure as per CDC guidance given the much higher risk of exposure. If a test on a household member is pending, healthcare workers can continue to work if the healthcare worker is asymptomatic and wears a surgical mask while at VUMC. The healthcare worker should also isolate from the household contact until the test result is known, then follow any isolation instructions based on the household contact's test result.

Healthcare workers tested for COVID-19 **MUST** remain home on self-isolation until test results return.

If COVID-19 negative:

- If worker has a fever, they must stay at home until no fever for 24 hours without medication.
- If worker only has respiratory symptoms, they can return to work but should wear a mask until that is resolved.
- If worker is asymptomatic, they can return to work.

If COVID-19 positive:

- Worker **MUST** stay home on self-isolation for a minimum of 7 days
- Worker may return to work after 7 days provided, they are fever free for 72 hours without medication and do not require note from doctor to return to work.
- Worker should wear a mask for at least 14 days after symptom onset or until symptoms completely resolve, whichever is longer
- Worker should be restricted from contact with severely immunocompromised patients until 14 days after symptom onset.