
Exposure defined as interactions greater than 5 minutes and closer than 6 feet.

You must self-monitor for symptoms for 14 days after exposure.

Look for any new onset respiratory or flu like symptoms, incl. loss of smell or taste (w/o other neurologic symptoms), diarrhea, sore throat, muscle aches, headache, or fever/chills.

IF YOU WERE EXPOSED AND HAVE NO SYMPTOMS: You can remain at work, but must self-monitor for symptoms, even if wearing all appropriate PPE. If Occupational Health determines you were *not* wearing appropriate PPE, you may work but **MUST** wear a surgical mask at ALL TIMES while at work. If you have no symptoms, you will not be tested. **If Occupational Health tells you that you were exposed**, they will provide either the patient's medical record number or the name of the individual to whom you were exposed. You must then submit a First Report of Injury via [VERITAS](#).

IF YOU WERE EXPOSED AND DEVELOP SYMPTOMS: **STOP** work immediately, remove yourself from the workplace, notify your manager, and notify Occupational Health. You will be tested for COVID-19. **While you are waiting for test results, you MUST remain at home on self-isolation.** Keep your manager informed of your status.

- **Where to go for testing:**

- Staff should go to the ambulatory section of the Medical Center East parking garage for testing and retesting.

- **If you test NEGATIVE for COVID-19:**

- If you no longer have symptoms, return to work.
- If you have a fever, stay at home until you have no fever for 24 hours without medications.
- If you only have respiratory symptoms, you can return to work but should wear a mask until symptoms resolve.

- **If you test POSITIVE for COVID-19:**

- You will be contacted by Occupational Health. Your supervisor will not be given specific medical information about you unless it is related to their own exposure.
- Notify your manager that you have been instructed to stay at home. Keep your manager informed as to when you may be able to return.
- **You MUST stay home in self-isolation for a minimum of 10 days.** You may return to work after 10 days when **ALL of the following** have been met:
 - You have no fever for 24 hours without fever-reducing medications
 - Respiratory symptoms have improved
 - You have had 2 consecutive negative COVID-19 tests, at least 24 hours apart. Tests are ordered and monitored by Occupational Health.
- After returning to work, the Health Care Professional (HCP) should:
 - Wear a surgical facemask for source control at all times while in the healthcare facility until all symptoms are completely resolved or at baseline. A surgical facemask instead of a cloth face covering should be used by these HCP for source control during this time period while in the facility. After this time period, these HCP should revert to the facility policy for masking.
 - Self-monitor for symptoms, and seek re-evaluation from occupational health if respiratory symptoms recur or worsen

WHAT TO DO IF YOU HAVE A POSSIBLE EXPOSURE TO SOMEONE YOU LIVE WITH

- **If you live with someone who has been tested but results are PENDING:** If you have no symptoms, you may continue to work, but you **MUST** wear a surgical mask at ALL TIMES while at work. Isolate yourself from the household contact until the test result is known, then follow any isolation instructions based on the test result.
- **If contact's test is POSITIVE:** You must self-quarantine at home for 14 days from the last exposure as per CDC guidance, given the much higher risk of exposure.
- **If contact's test result is NEGATIVE:** You may continue to work with no restrictions.