If you **have symptoms of COVID-19**

**If AT A VUMC FACILITY,** stop work and remove yourself from the workplace.

**NOTIFY YOUR SUPERVISOR.**

**GET TESTED AT A VUMC SITE** (see page 3 for locations).

**NEGATIVE COVID-19 TEST RESULT**
- If you take an at-home test and the result is negative, you must get a PCR test for confirmation.
- If you have a fever, stay at home until you have no fever for 24 hours without fever-reducing medicine.
- If you have respiratory symptoms, you can return to work as long as symptoms are improving. **You MUST wear a surgical/procedure (not cloth) mask until symptoms resolve.**

**POSITIVE COVID-19 ANTIGEN OR PCR TEST RESULT:**
- Occ Health will contact you about next steps. If the test was done outside VUMC, **you must report** the result to Occ Health via this REDCap survey ([tinyurl.com/VUMC-Outside-Positive](https://tinyurl.com/VUMC-Outside-Positive)).
- Notify your supervisor that you have been instructed to stay at home.
- **You MUST isolate at home** and follow the "**Return to work after your positive test result**" guidelines on page 3.
If you were **exposed at home** (regardless of vaccination status)

1. You are responsible for completing Occ Health's Daily Symptom Monitoring tool and keeping your supervisor informed.

2. **CONTINUE TO WORK**
   - You can continue to work, but must self-monitor for symptoms for 10 days.
   - CDC recommends testing on days 1, 3, and 5 after exposure using a **home antigen test**.
   - While at work, you must wear a surgical/procedure mask at all times (including in non-clinical areas) for 10 days after exposure.
   - You should not remove your mask in common areas to eat or drink.
   - If you develop COVID-19 symptoms, refer to the section “If you **have symptoms of COVID-19**” on page 1 for steps to follow.

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*Get up to 8 home tests at no cost if you have a prescription plan through your health insurance. Learn more at [cms.gov](https://www.cms.gov).*
Return to work after your positive test result

Most individuals can return to work after 5 to 10 days from symptom onset, as long as symptoms are improving. Occ Health will send you a REDCap Survey (tinyurl.com/Day5-RTW) by day 5 to guide your return to work. Upon return, you cannot work with severely immunocompromised patients (e.g., hem-onc and transplant) until after day 10.

NEGATIVE FOLLOW-UP TEST RESULT

Regardless vaccination status, if your follow-up test* is negative and you are:

- not immunosuppressed, your follow-up test must be collected on day 4 or later. You cannot return to work until after day 5** at the earliest.
- immunosuppressed, your follow-up test must be collected on day 9 or later. You cannot return to work until after day 10** at the earliest.

If you do not get a follow-up test:

- If you are vaccinated and not immunosuppressed, you cannot return to work until after day 7** at the earliest.
- If you are unvaccinated and not immunosuppressed, you cannot return to work until after day 10** at the earliest.
- Regardless vaccination status, if you are immunosuppressed, you cannot return to work until after day 20** at the earliest.

POSITIVE FOLLOW-UP TEST RESULT

If your follow-up test* is positive, you cannot return to work and you can test daily until the test is negative or you meet the criteria at the right.

* PCR and home antigen tests will be accepted for return to work. PCR tests can be obtained at the Glenrose testing site, or other available non-VUMC site.
** After symptom onset (non-immunosuppressed example: symptom onset is Jan. 1=day zero; Jan. 5=earliest test day; Jan. 6=day five; may return Jan. 7.)

If you work remotely (at a location that is not a VUMC facility)

- If you develop COVID-19 symptoms, refer to the section “If you have symptoms of COVID-19” on page 1 for steps to follow.
- Testing is not needed to return to remote work and you may resume work when you are feeling able. If returning to work at a VUMC facility, refer to the section “Return to work after your positive test result,” above.

VUMC testing and Occupational Health offices

VUMC MAIN CAMPUS

- Occ Health Express Care (Monday–Friday 7:30 a.m.–4 p.m.; Medical Arts Building, Suite 112)

VUMC REGIONAL HOSPITAL HEALTH OFFICES

- Vanderbilt Wilson County Hospital employees: Contact the Employee Health office in the Quality Building or call 615.443.2581.
- Vanderbilt Bedford County Hospital employees: Contact the Employee Health office in the Quality Department or call 931.685.8404.
- Vanderbilt Tullahoma-Harton Hospital employees: Contact the Employee Health office or call 931.393.7944.

For up-to-date VUMC employee testing info, go to tinyurl.com/VUMC-testinfo