

# Guidance for VUMC Visitors and Outpatients with Recent COVID-19 Infection or Exposure

Because of the risk that persons with recent COVID-19 infection can pose to other patients and workforce members, we must be cautious with allowing those persons to come into one of our healthcare facilities (whether to visit others or to come for routine care themselves.)

While the CDC allows COVID-19 infected persons to stop isolation after 5 days of symptoms in some circumstances, that guidance **does not apply** to those entering a healthcare facility.

This guidance does not apply to the [Return to Work Guidance](#), for that please refer to the Covid Website: <https://www.vumc.org/coronavirus/>.

## **PERSONS WHO HAVE RECENTLY TESTED POSITIVE FOR COVID-19:**

- **Patients requiring URGENT medical treatment** before completing isolation criteria can be seen in a VUMC facility. Providers should wear full COVID-19 PPE during the care of these patients. Such patients should wear a well-fitting surgical/procedural mask (non-cloth) at all times.
- **Patients requiring ROUTINE medical care** (including non-urgent procedures) before completing isolation criteria should be seen via telehealth or defer the appointment.

If patients present to clinics for a routine visit during their isolation period, staff should confer with the provider. Ideally the patient should be rescheduled for a telehealth visit, or an in-person visit after completing isolation criteria.

**Visitors** should **not** visit a healthcare facility until completing the criteria on page 2.

### **Patients scheduled for appointments (by the ACCESS Center or clinic) within the upcoming 20 days must be asked:**

- 1. Are you experiencing symptoms of COVID-19, such as new fever, new cough, flu-like symptoms, vomiting/diarrhea, or loss of smell/taste?**

If “yes” and the patient has not been tested for COVID-19, do not schedule a face-to-face visit for routine medical care. A telehealth visit can be scheduled. If patient continues to request a face-to-face visit, message the patient’s provider. Patients may also be instructed to seek evaluation for COVID-19 at an assessment center.

- 2. Have you tested positive for COVID-19 in the past 20 days?**

If “yes”, message the patient’s provider to determine when the patient should be scheduled for an outpatient appointment. See details below.

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## DETERMINING IF COVID+ PERSONS CAN VISIT or RECEIVE ROUTINE IN-PERSON HEALTHCARE:

### Step 1

#### Determine if the person has met CDC guidance for improving infection:

- The person has been fever free for at least 24 hours (without the use of fever-reducing medication)
- The person has improving symptoms (with exception of loss of taste or smell)

If person **DOES NOT** meet the criteria, do not proceed. The person should avoid visiting or seeing a care provider in person for routine care.

If the person **DOES** meet these criteria, proceed to step 2.

### Step 2

#### Determine **10 DAYS OR 20 DAYS** of isolation from the healthcare environment:

1. The person was not hospitalized for COVID-19 infection.
2. The person is not significantly immunosuppressed, with one or more of the following conditions:
  - Primary immune deficiency (e.g. Common Variable Immune Deficiency)
  - HIV infection with CD4 count  $\leq 200$
  - Solid organ or stem cell transplant
  - Cytotoxic chemotherapy in the past 90 days
  - Significant immunosuppressant use, including  $\geq 20$  mg/day prednisone [or equivalent] for  $\geq 14$  days or other oral/injectable/intravenous immunosuppressive agents such as rituximab, mycophenolate mofetil

