

## FAQ's for Employee Exposure/Illness to COVID-19

### I'm sick with an acute respiratory infection. What should I do?

- You should remain at home. You cannot work if you have a fever > 100°F and/or a cough.
- If you need medical care, you should contact your primary physician. If urgent care is needed, please call the urgent care clinic or emergency department closest to you.
- We will evaluate your individual situation on a case by case basis.

### I had contact with a patient who is being tested for COVID-19 but the results are not back yet. What do I do?

- If you were not wearing PPE while in close contact (in general, within 6 feet of patient for more than 10 minutes [again, this will be determined on a case by case basis]), call your states COVID-19 Hotline.
  - Your exposure will be evaluated and based on your specific situation. You will be advised either to:
    - Remain on the work schedule but monitor your symptoms including checking your temperature morning and evening. If symptoms develop you must leave work and go directly home. Contact your states COVID-19 Hotline immediately. OR
    - Stop working immediately and begin self-quarantine at home. You will be asked to monitor your symptoms including checking your temperature morning and evening. If symptoms develop contact your states COVID-19 Hotline immediately.
- If you were wearing PPE and/or your contact with the patient was not considered “close’, you may continue to work but should monitor yourself for symptoms of illness.

### If I have been exposed to a possible or confirmed COVID-19 patient while not wearing PPE, am I a risk to my loved ones?

- First it is important to determine if you have been exposed. The risk increases the closer your in contact and the longer you spend in close contact with a possible or confirmed case. **In general, close contact means being within 6 feet of an individual for longer than 10 minutes.** However, this should be assessed on a case by case basis.
- Unfortunately, there are many unknowns in this situation.
  - Your degree of risk depends on the type of exposure you had and how infectious the patient was at the time.
  - There is also uncertainty around how infectious you may be even if you do not have symptoms.
  - **Because of these unknowns, it is best to be prudent and limit your contact with others as much as you can for the 14 days following your exposure.**
- Follow these general guidelines:
  - If you have been asked to remain home and not report to work, isolate yourself from your loved ones as much as possible and do not leave your house unless it is absolutely essential (i.e. medical care) for 14 days following your exposure.

- If you have been told you can continue to work while monitoring yourself for symptoms, minimize your contact with your household members as much as you can for the 14 days following your exposure. We advise against having guests, attending or hosting parties, or participating in group events. Activities outside the home should be restricted to essential functions like chores related to the functioning of your household.
- **We monitor the guidance coming from the CDC and WHO closely. We may change our recommendations to you if this guidance changes.**

#### **Can I get tested for COVID-19?**

- Your physician may refer you for further evaluation and testing as appropriate.
- **You will not be tested if you do not have symptoms.**
  - Testing may not be appropriate for everyone. A clinician will make that determination

#### **Is testing for COVID-19 mandatory?**

- No, testing is not mandatory. However, if you have symptoms consistent with COVID-19 and refuse testing, you may still be asked to remain off the work schedule for 14 days after the resolution of your symptoms.

#### **Is testing confidential?**

- Your manager may be informed of a positive test if you worked while you were ill. It is required by regulation to report positive tests to your states Department of Health, and to your Accrediting Organization

#### **I tested negative for COVID-19 after developing symptoms. When can I return to work?**

- You may return to work when you have had no fever (<100°F) for at least 24 hours without the use of fever-reducing medications.

#### **I tested positive for COVID-19. When can I return to work?**

- If you have tested positive for COVID-19, you should remain home and self-isolate for a minimum of 72 hours after your symptoms have resolved. You need to be cleared by a physician before returning to work.

#### **I don't have symptoms but I had contact with an individual who had symptoms that might indicate COVID-19 but they were not tested or their test results are not back yet. What should I do?**

- If you are a close contact of that individual (within 6 feet for more than 10 minutes), call your states COVID-19 Hotline
- We will evaluate your particular situation and determine if the individual needs to be tested and whether you should remain home from work or work from home until their test results are back
- If you are not a close contact of this individual, you can continue to work as normal but monitor your symptoms.

#### **I don't have symptoms but I had contact with a confirmed COVID-19 case outside of work. What do I do?**

- If you are a household contact or you spent more than 10 minutes within 6 feet of a confirmed case or were exposed to a confirmed case's cough and sneezes, you should self-quarantine for 14 days from the day you were exposed. You can return to work on the 15<sup>th</sup> day if you are still asymptomatic.

- Call your manager to report the exposure.
- HR will contact you to answer any questions you may have and advise you on next steps.

**I don't have symptoms, but I had contact with someone who is a close contact of a confirmed case of COVID-19. What do I do?**

- This is the type of information necessary to determine if you are at risk yourself:
  - Find out if your contact had **close** contact (less than 6 feet for more than 10 minutes) with a confirmed case of COVID-19.
  - Was your contact symptomatic at the time you were with them?
- Call your manager and tell us about your particular situation including the information above. You will be advised on next steps on a case by case basis
- If your connection to a confirmed COVID-19 case is more remote than being the contact of a contact, you are not at risk unless everyone in that contact chain is symptomatic. In that situation, call your states COVID-19 Hotline.

**What type of symptoms should I be looking for if I'm asked to monitor myself after a possible exposure and how soon might I expect to start experiencing them?**

- Onset of COVID-19 can be very subtle. People report fatigue, body aches and headaches. Some people report GI symptoms like diarrhea. Most people with COVID-19 end up with fever > 100°F and cough.
- Symptoms typically appear within 14 days of being exposed. They are most likely to appear at the 5 to 6 day mark after exposure.
- If you begin to feel unwell in any way after being asked to monitor your symptoms, call your states COVID-19 Hotline.