

## Criteria for Decision to Recommend Isolation for COVID-19 Illness, Exposure or Symptoms for VMG Staff and Providers

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*COVID-19 symptoms may include fever or chills, cough, shortness of breath, fatigue, muscle or body aches, headaches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.*

Isolation For:	Isolation Time Period & Ability to Be at Work
<p><b>Positive COVID-19 OR Exhibiting Symptoms/Feel Sick</b> EVERYONE REGARDLESS OF VACCINATION STATUS</p> <p><b>TESTING:</b></p> <ul style="list-style-type: none"> <li>○ Complete a COVID-antigen test at home if exhibiting symptoms of COVID-19</li> <li>○ A positive home COVID-19 antigen test will suffice no need for a COVID-PCR test.</li> <li>○ COVID-PCR tests will not be ordered or required by VMG for employees or providers who need to isolate for COVID-19 illness.</li> <li>○ Do not come to work if you are sick, have symptoms of COVID-19</li> </ul>	<p><b>Criteria to be met to return to work for Positive Covid tests:</b></p> <p>At least 5 days have passed <i>since first positive test</i> and            Received a negative test (antigen) test on Day 5 or later)  <b>and</b>            Symptoms have substantially improved including being fever free for 24 hours (without the use of fever-reducing medications)</p> <p>If positive test on day 5 and following days return to work is at day 10.</p> <p><i>Returning to work day 5 thru day 10 clinical staff should wear an N95 mask.            No use of lunchroom for all thru day 10.</i></p> <p><b>Criteria to return to work for COVID-19 negative test and feeling substantially better after having been sick/with symptoms:</b></p> <p>If symptoms improve substantially, may repeat COVID-19 antigen test at 24 hours and ok to return to work if negative.            If symptoms persist but then substantial improvement, repeat COVID-19 antigen test at 48 hours, if negative ok to return to work.</p>
<p><b>ASYMPTOMATIC &amp; EXPOSED TO COVID-19</b> EVERYONE REGARDLESS OF VACCINATION STATUS</p> <p><b>TESTING</b></p> <ul style="list-style-type: none"> <li>○ Exposed to someone who is known or suspect to be COVID-19 positive are to be tested.</li> </ul>	<p>No work restrictions unless you develop symptoms or test positive for COVID-19. You must self-monitor for symptoms for 10 days.</p> <p>Complete a COVID-antigen test at home; optimal on day 5 if possible.</p> <p><i>While working day 1 thru 10 clinical staff should wear an N95 mask.            No use of lunchroom for all thru day 10.</i></p>

<p><b>Positive COVID-19 with severe to critical illness who are not moderately or severely compromised</b></p> <p><i>EVERYONE REGARDLESS OF VACCINATION STATUS</i></p>	<p>Will refer to the CDC current guidelines with additional quarantine requirements (at least 10 days and up to 20 days) along with symptoms improving, no fever for 24 hours and detailed testing strategy (see CDC website).</p>
<p>If patient medium or low risk for having COVID-19 infection- nonspecific symptoms- <u>able to identify another diagnosis</u> <b>with a negative home COVID-19 antigen test</b></p>	<p>Return to school or work –when no fever and symptoms improving.</p>
<p>If patient medium or low risk for having COVID-19 infection- nonspecific symptoms- <u>able to identify another diagnosis</u> and cleared to return to work/school by practitioner with no fever for 24 hours and improving symptoms and <b>NO COVID-19 testing</b></p>	<p>Return to school or work –when cleared by practitioner, no fever and symptoms improving.</p>

**Important Considerations:**

- COVID-19 exposure is defined as close contact (within 6 feet) of 15 minutes or more with someone with known COVID-19 positivity (examples of close contact include being hugged or kissed by someone positive, or coughed on or sneezed on by someone who is COVID-19 positive).
- Health care workers are not considered exposed who have consistently used appropriate PPE when they have been in close contact with a COVID-19 patient or coworker.
- VMG staff and providers with symptoms or looking for medical advice and/or care should contact their primary care providers.
- Individuals who had contact with an asymptomatic individual who had contact with an individual who was a person under investigation (PUI) or COVID-19 positive do not require isolation.
- Individuals who have recovered from COVID-19 infection in the prior 30-days, testing is not required for a new COVID-19 exposure if asymptomatic. For those who have recovered in the last 31-90 days, a new exposure, complete a COVID-19 antigen test at home.