## Return to Work/School Guidelines

### SITUATION I

**Individual is COVID-19 POSITIVE**

- **Individual is symptomatic:**
  - Self-quarantine for Rule of 24/10
    - a. At 24 hours since recovery**
    - b. At least 10 days since symptoms first appeared

- **Individual is/remains asymptomatic:**
  - 10 day self-quarantine from positive test date (Day 0)

### SITUATION II

**Individual (excluding people who have had COVID-19 within the past 3 months) has had effective* contact with a confirmed COVID-19 + person.**

**YEARS 1-3 STUDENTS, GRADUATE STUDENTS AND ALL FACULTY AND STAFF WHO ARE NOT ESSENTIAL HOSPITAL PERSONNEL***

- 1. 14 day (from last contact) self-quarantine when asymptomatic.
- 2. Obtain a COVID-19 test approximately 5 days post-exposure.

**ESSENTIAL HOSPITAL PERSONNEL***

- 1. If asymptomatic, self-monitor for symptoms and with twice daily temperature checks. Limit social contacts and always wear a mask. Wear additional face shield in situations requiring < 6 ft. personal distancing for > 15 minutes.
- 2. Obtain a COVID-19 test approximately 5 days post-exposure.

### SITUATION III

**Individual (excluding people who have had COVID-19 within the past 3 months) has had effective* contact with a possibly COVID-19 + person**

- 1. Self-monitor for symptoms and with twice daily temperature checks. Limit social contacts and always wear a mask.
- 2. If person is COVID-19 positive, individual follows Situation II.
- 3. If person is COVID-19 negative, individual resumes normal activity.

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*Effective contact* is defined as contact within 6 feet for 15 minutes or longer, with or without a mask, during the timeframe of 48 hours before symptoms to present; direct physical contact (hug or kiss); providing care to a sick, COVID-positive person; sharing eating or drinking utensils; or if the person snored, coughed, or otherwise got respiratory droplets on you.

*Recovery* is defined as resolution of fever without the use of fever-reducing medications *AND* symptom free.

*Essential hospital personnel* include clinicians, technical staff and clinical year students working in the VTH.

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These guidelines are current as of 9-21-20 but are subject to change based on CDC and University updates.