**Return to Work/School Guidelines**

**SITUATION I**
Individual is COVID-19 POSITIVE

- **Individual is symptomatic:**
  1. 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:**
  1. 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. 10 day (from last contact) self-quarantine IF asymptomatic OR 7 day (from last contact) self-quarantine IF asymptomatic AND a negative COVID-19 test performed on Day 5 or later from last contact.
2. If symptoms develop, self-quarantine for Rule of 24/10.

**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.
3. If symptoms develop, self-quarantine for Rule of 24/10.

**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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1 Effective contact is defined as contact within 6 feet for a cumulative total of 15 minutes or more over a 24 hour period, with or without a mask, starting from 48 hours before symptoms (or 48 hours before test date if asymptomatic); direct physical contact (hug or kiss); providing care to a sick, COVID-positive person; sharing eating or drinking utensils; or if the person sneezed, coughed, or otherwise got respiratory droplets on you.

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

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

4 Additional Criteria Required for Shortened Quarantine Approval: For 14 days (from last effective contact) 1) daily symptom monitoring; 2) correct and consistent mask use; 3) social distancing; 4) hand and cough hygiene; 5) environmental cleaning and disinfection; 6) avoiding crowds; 7) ensuring adequate indoor ventilation [https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

These guidelines are current as of 12-3-20 but are subject to change based on CDC and University updates.