Return to Work/School Guidelines

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

**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.

**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

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

**SITUATION II**

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

**SITUATION III**

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

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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 sneezed, 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 8-15-20 but are subject to change based on CDC and University updates.