Healthcare Facilities (HCF) Isolation, Quarantine, and Testing Guidelines

(Healthcare workers should follow any additional or more specific guidance given by their facility)

**Symptomatic Patient or Employee/Healthcare Worker & No Known Close Contact**

- Exposed at Workplace to COVID-19 case and **symptomatic**
  - HCF arranges for testing (via HCF or PCP) and ensures home self-isolation\(^1,2\) while awaiting test results
  - **NEGATIVE** Instruct case to isolate and to identify & notify close contacts & to follow I/Q Guidelines\(^2\). Report cases to the Public Health Department\(^3\). Return to work if case was not wearing a mask and was a close contact, EVEN IF the case was wearing a mask at all times.
  - **POSITIVE** If test was negative and it has been 24 hours after fever resolution and improvement of symptoms, follow the "Exposed at Workplace to COVID-19 case and asymptomatic" flowchart to the right.

- Exposed at Workplace to COVID-19 case and **asymptomatic**
  - HCF arranges for testing (via HCF or PCP) and ensures home self-isolation\(^1,2\) while awaiting test results
  - **NEGATIVE** If test was negative and it has been 24 hours after fever resolution and improvement of symptoms, follow the "Exposed at Workplace to COVID-19 case and asymptomatic" flowchart to the right.
  - **POSITIVE** Instruct case to isolate and to identify & notify close contacts & to follow I/Q Guidelines\(^2\). Report cases to the Public Health Department\(^3\). Return to work: 10 days and 24 hours after fever resolves and symptoms improve.

**Low Risk Workplace Exposure**

- HCW can continue to work but should self-monitor for symptoms* for 14 days.

**High Risk Workplace Exposure**

- Exclude from Work / Quarantine for 10 days\(^1,2\)
- Test around day 6 after exposure\(^1,2\)
- **Return to work:** HCW (not patient) may return sooner IF they:
  - test negative, are asymptomatic, AND continuity of work would be disrupted
  - test positive, isolate for 10 days and 24 hours after fever resolves & symptoms improve\(^1,2\)
- Restrict contact with severely immuno-compromised patients for 14 days.

**Person without close contact**

- Patient or Employee/Healthcare Worker who had close contact with COVID+ case Outside of Work
  - Exclude from work and quarantine for 10 days from last exposure to case.\(^1,2\)
  - Test around day 6 after exposure.\(^1,2\)
  - **Return to work:** After 10 days from last exposure to case; HCW should **NOT** return sooner, **even if** they test negative and are asymptomatic.

**Home Isolation and Quarantine Guidelines**

- Fever (100°F/37.8°C) or chills, Cough, Fatigue, Headache, Sore Throat, Muscle or Body Aches, Shortness of Breath or Difficulty Breathing, Nausea/Vomiting/Diarrhea, Loss of Taste or Smell

**References**

1. Health Advisory for Testing, Isolation & Quarantine and Reporting
2. Home Isolation and Quarantine Guidelines Handout
3. In addition to completing Case Report Form, all cases should be reported to the HCF’s Infection Prevention or Occupational Health Department (IP/OCH). If no IP/OCH, then report to the Public Health Department via the Workplace Reporting Portal within 24 hours.
4. CDC Guidance for HCW Using PPE

For Isolation & Quarantine support call 408-885-3980

HCW I-Q-T Guidelines 12.17.20