

Healthcare Workers Isolation and Quarantine Guidance

Population	Conventional Staffing Guidance	Contingency Staffing Guidance	Crisis Staffing Guidance
<p>Cases (Positive)</p> <p>Healthcare Workers with a positive COVID-19 test (regardless of vaccination status)</p>	<p>Conventional Staffing</p> <p>Isolate for 10 days OR 7 days with negative test¹, if asymptomatic or mildly symptomatic (with improving symptoms)</p> <p>If a healthcare worker returns to work during the 10 day infectious period, they should only work with COVID-19 infectious patients and wear a respirator or well-fitting mask at all times for the remainder of that period.</p>	<p>Contingency Staffing</p> <p>Isolate for 5 days with/without negative test if asymptomatic or mildly symptomatic (with improving symptoms)</p> <p>If a healthcare worker returns to work during the 10 day infectious period, they should only work with COVID-19 infectious patients and wear a respirator or well-fitting mask at all times for the remainder of that period.</p>	<p>Crisis Staffing</p> <p>No work restriction with prioritization considerations for asymptomatic or mildly symptomatic healthcare workers</p>
<p>COVID-19 Exposure</p> <p>People who have been exposed to someone with COVID-19 (regardless of vaccination status or previous infection)</p>	<p>Guidance is Similar for All Staffing Levels</p> <p>Following a higher-risk exposure, healthcare workers should be tested immediately (at least 24 hours after exposure) and, if negative, again 48 hours after the first negative, and if negative, 48 hours after the second negative. This will typically be at day 1, day 3, and day 5.</p> <p>Work restriction is not necessary for most asymptomatic healthcare workers following a higher-risk exposure, regardless of vaccination status. Examples of when work restriction may be considered include:</p> <ul style="list-style-type: none"> - Healthcare worker is unable to be tested or wear a well-fitting respirator or mask as recommended for 10 days following exposure - Healthcare worker is moderately to severely immunocompromised or cares for patients who are moderately to severely immunocompromised - Healthcare worker works on a unit experiencing ongoing SARS-CoV-2 transmission <p>If work restriction is recommended, healthcare workers could return to work after either of the following time periods:</p> <ul style="list-style-type: none"> - After day 7 following the exposure (day 0) if they do not develop symptoms and all recommended tests are negative - After day 10 if testing is not performed and they do not develop symptoms 		

Last updated 9/28/22

¹Negative test result within 48 hours before returning to work.

Resources:

- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>

