

Workforce Health and Wellness

COVID-19 Testing and Isolation Guidelines

This document is intended as a helpful reference summary.
 If you need additional details, or assistance with this grid, please call WHW at (650) 497-9595

Always isolate and test ASAP for potential COVID-19 symptoms, however mild!
 If at any time you have a positive test from any source, please isolate and complete the Self-Intake Form for Positive HCP

Scenario	All HCP*, Regardless of COVID Vaccination Status	Notes
(1) HCP has new symptoms	<p style="text-align: center;">Test ASAP using antigen test</p> <p style="text-align: center;">If positive Complete Positive Intake Form</p> <p style="text-align: center;">-----</p> <p style="text-align: center;">If negative Complete Negative Intake Form</p> <p style="text-align: center;">Then take a 2nd Antigen test roughly 24 hours after 1st test Then take a 3rd test roughly 24 hours after the 2nd test</p> <p style="text-align: center;">Please complete Negative Intake Form after each test. If any of the 3 antigen tests result positive, stay home and complete Positive Intake Form</p>	<p>Current Antigen Test distribution sites can be found on the Seasonal Respiratory Virus Resource Page</p> <p>*If you don't have access to an antigen test, call WHW</p> <p>If antigen test is negative and symptoms are mild* you may continue working.</p>
(2) HCP tests positive (+) for COVID-19	<p style="text-align: center;">Isolate for at least 5 days, then begin daily antigen testing</p> <p style="text-align: center;">You may return to work as soon as you test negative with mild symptoms* On day 11, you may turn to work regardless of your test result</p> <p style="text-align: center;">Masking is required for at least three days after you test negative</p> <p style="text-align: center;">-----</p> <p style="text-align: center;">Self-Well Check Questionnaire required for eligibility to return to work*</p>	<p>All positive COVID tests are presumed diagnostic</p> <p style="text-align: center;">-----</p> <p>In unusual circumstances where false positive may be highly likely — Call WHW</p>
(3) High risk exposures	<p style="text-align: center;">No work restrictions if asymptomatic</p> <p style="text-align: center;">-----</p> <p style="text-align: center;">Test immediately after learning of exposure (but not earlier than 24 hours after the exposure) and, if negative, test again roughly 48 hours after the first negative test and, if negative, again 48 hours after the second negative test.</p> <p style="text-align: center;">If symptoms appear, see row (1)</p>	<p>HCP should isolate from positive household member as much as possible</p>
(4) Asymptomatic HCP	<p style="text-align: center;">HCPs are encouraged to test whenever they believe they may be at higher risk than usual</p> <p style="text-align: center;">PCR testing is not recommended if asymptomatic</p> <p style="text-align: center;">If prior positive COVID infection in past 30 days: Asymptomatic testing is not recommended</p>	
(5) HCP who has had a COVID infection in the prior 90 days	<p style="text-align: center;">Use antigen testing (<i>not</i> molecular testing) for:</p> <ul style="list-style-type: none"> • New onset of symptoms, as outlined in row (1); • Following exposures, as outlined in row (3); • Asymptomatic testing, as outlined in row (4) 	<p>Avoid use of molecular tests due to high false positive risks for 90 days after infection</p>

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Definitions

Mild Symptoms:	<ul style="list-style-type: none"> Do not have fever in last 24 hours Feeling well enough to work <p style="text-align: center;">And</p> <ul style="list-style-type: none"> Can contain secretions (meaning you are able to cover cough, sneeze, runny nose by wearing a mask and practice proper hand hygiene). <i>Make note to change out mask if/when it becomes soiled or wet.</i>
Definition of Exposure:	<p>Exposure over 15 cumulative minutes over a 24-hour period within 6 feet of an <i>unmasked</i> COVID+ individual when HCP is not wearing a respirator and eye protection. Call WHW if you are unsure. For the purposes of this guidance, higher-risk exposures are classified as HCP who had prolonged¹ close contact² with a patient, visitor, or HCP with confirmed SARS-CoV-2 infection³ and:</p> <ul style="list-style-type: none"> HCP was not wearing a respirator (i.e., NIOSH fitted N-95) (or if wearing a facemask, the person with SARS-CoV-2 infection was not wearing a cloth mask or facemask) HCP was not wearing eye protection if the person with SARS-CoV-2 infection was not wearing a cloth mask or facemask HCP was not wearing all recommended PPE (i.e., gown, gloves, eye protection, respirator) while present in the room for an aerosol-generating procedure
Severely Immunocompromised:	<p>see CDC description https://www.cdc.gov/coronavirus/2019-ncov/hcp/durationisolation.html#anchor_1631308538001</p>

How To Count Days: Day 0 = date of positive test or date of first clear symptoms, whichever came first. Next day is Day 1 and so on. For exposures, Day 0 is the first day of potential exposure, Day 1 is next day, and so on