

COVID-19: Vanderbilt Health Workforce

Exposure, Infection, and Return-to-Work to a Vanderbilt Health facility

Exposure: being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period, when not wearing appropriate PPE.

Household contact: someone you live with or are indoors with for an extended length of time.

Isolate: stay at home, stay separate from others in a sick room or area, use separate bathroom, if possible, and clean and disinfect common areas after each use.

Quarantine: stay home, separate from others, wear a mask, and monitor for symptoms.

Symptoms: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

Test types:

Antigen: Tests for virus proteins and is most accurate when a person has symptoms and/or a high level of virus. You can collect the sample and perform the test. Results are available quickly; tests are read within 15 minutes.

PCR: Tests genetic material from the virus. Can be positive in patients without symptoms or those with lower levels of virus. A health care worker collects the sample and the test is performed in a laboratory. Results may take longer to return; up to 24 hours.

If you have symptoms of COVID-19

- 1 IF YOU ARE AT A VANDERBILT HEALTH FACILITY, stop work and remove yourself from the workplace.
- 2 NOTIFY YOUR SUPERVISOR.
- 3 GET TESTED FOR COVID-19 (either home test or see page 3 for clinic locations).

— NEGATIVE COVID-19 TEST RESULT

- If you have a fever, stay at home until you have no fever for 24 hours without fever-reducing medicine.
- If you have respiratory symptoms, you can return to work if symptoms are improving. **You MUST wear a surgical/procedure (not cloth) mask until symptoms resolve.**

POSITIVE COVID-19 ANTIGEN OR PCR TEST RESULT:

- Please **report your positive test result** to Occ Health via this [REDCap survey](#). The survey will help guide your return-to-work date.
- Notify your supervisor that you have been instructed to stay at home.
- **You MUST isolate at home** and follow the “Return to work after your positive test result” guidelines on page 2.

If you were **exposed** (regardless of vaccination status)

1 If exposed at work, submit a FIRST REPORT OF INJURY through [VERITAS \(veritas.app.vumc.org\)](https://veritas.app.vumc.org) and complete any surveys sent to you by Occ Health.

2 CONTINUE TO WORK

- You can continue to work but must self-monitor for symptoms for 10 days.
- CDC recommends testing on days 1, 3, and 5 after exposure using a **home antigen test***.
- While at work, you must wear a surgical/procedure mask at all times (including in non-clinical areas) for 10 days after exposure.
- You should not remove your mask in common areas to eat or drink.
- You cannot work with severely immunocompromised patients (such as those on hem-onc and transplant units) for 10 days from last exposure.
- If you develop COVID-19 symptoms, refer to the section “If you have symptoms of COVID-19” on page 1 for steps to follow.

Return to work after your **positive test result**

Most individuals can return to work after 5 to 10 days from symptom onset **if symptoms are improving**. Upon return, you cannot work with severely immunocompromised patients (e.g., hem-onc and transplant) until after day 10.

Symptom onset is considered “**day zero**” for counting days.

— **NEGATIVE FOLLOW-UP TEST RESULT**

If your **follow-up test*** is **negative** and you are:

- **not immunosuppressed**, your follow-up test must be collected on day 4 or later. You cannot return to work until after day 5** at the earliest.
- **immunosuppressed**, your follow-up test must be collected on day 9 or later. You cannot return to work until after day 10** at the earliest.

POSITIVE FOLLOW-UP TEST RESULT

If your **follow-up test*** is **positive**, you cannot return to work and you can test daily until the test is negative **or you meet the criteria at the right**.

If you **do not** get a follow-up test:

- If you are **not immunosuppressed**, you cannot return to work until after day 7** at the earliest.
- If you **are immunosuppressed**, you cannot return to work until after day 20** at the earliest.

* Please note: COVID-19 PCR tests are billed to insurance. As of the end of the Public Health Emergency on May 11, 2023, these tests may be subject to out-of-pocket costs, such as application to your deductible or coinsurance.

** After symptom onset (non-immunosuppressed example: symptom onset is Jan. 1=day zero; Jan. 5=earliest test day; Jan. 6=day five; may return Jan. 7.)

If you work remotely (at a location that is not a Vanderbilt Health facility)

- If you develop COVID-19 symptoms, refer to the section “*If you have symptoms of COVID-19*” on page 1 for steps to follow.
 - Testing is not needed to return to remote work and you may resume work when you are feeling able. If returning to work at a Vanderbilt Health facility, refer to the section “*Return to work after your positive test result,*” above.
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Vanderbilt Health testing and Occupational Health offices

21ST AVENUE CAMPUS

- **Occ Health Express Care** (Monday–Friday 7:30 a.m.–4 p.m.; Medical Arts Building, Suite 112)

REGIONAL HOSPITAL HEALTH OFFICES

- ***Vanderbilt Wilson County Hospital*** employees: Contact the Employee Health office in the Quality Building or call 615.443.2581.
 - ***Vanderbilt Bedford County Hospital*** employees: Contact the Employee Health office in the Quality Department or call 931.685.8404.
 - ***Vanderbilt Tullahoma-Harton Hospital*** employees: Contact the Employee Health office or call 931.393.7944.
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