

Isolation and Quarantine Guidance for Healthcare Personnel (HCP)

Quarantine is what you do when you have had close contact with someone with COVID-19 and might be infected.

Isolation is what you do when you have been infected with COVID-19.

The standards for quarantine and isolation in the hospital are different than in the community setting.

HEALTHCARE PERSONNEL (HCP)

HCP Return to Work After EXPOSURE (Quarantine) (NOTE: last exposure date = Day 0)

	Off Work?	Follow Up <u>PCR</u> Test Required?	Symptom Status for Return	Other Criteria
Discrete high-risk <u>exposure</u> , Vaccinated Asymptomatic	No*	From <u>exposure date</u> (Day 0) <ul style="list-style-type: none"> • Yes, require daily testing while working on Days 1-5 AND <ul style="list-style-type: none"> • Yes, require one additional test between Day 7-9 	Must remain asymptomatic. If symptoms develop, leave work or do not come to work.	If learn that exposure happened > 10 days ago, no action needed
Exposed to COVID+ Household Contact, Vaccinated Asymptomatic	No*	From <u>exposure date</u> (Day 0 = date of COVID+ household contact's start of symptoms or positive test date if asymptomatic) <ul style="list-style-type: none"> • Yes, require daily testing while working on Days 1-5 AND Require one additional test between Day 7-9		Note: household exposure is prolonged since COVID pos people are infectious at least 10 days after symptom onset
High-risk exposure, Unvaccinated Asymptomatic	Yes, off work for 10 days from last exposure	No test needed; can return Day 11 after last day of exposure (symptom date of household member)		

*Note: In current pandemic crisis and staffing shortage, all staff needed on-site for the operational stability of UCSF Health are being returned to work with close follow up.

HCP Return to Work After COVID Infection (Isolation) (NOTE: symptom onset date = Day 0, if asymptomatic, date test collected = Day 0)

	Off Work?	Follow Up <u>Antigen</u> Test Required?	Symptom Status for Return and Remain at Work	Other Criteria
COVID+ Immunocompetent Completed COVID vaccination series + booster if eligible	Yes, at least 5 days from symptom onset, or test onset if no symptoms	<ul style="list-style-type: none"> • Yes, require negative antigen or PCR test on Day 5 or later if returning to work between Day 6-10 • No test required if return to work is after Day 10 	Resolved or resolving	No fever x 24h, off antipyretics
COVID+ Immunocompetent NOT up-to-date on COVID vaccination (includes booster if eligible)	Yes, at least 10 days from symptom onset, or test onset if no symptoms	<ul style="list-style-type: none"> • No test required if return to work is after Day 10 		
COVID+ Immunocompromised	Yes, at least 10 days from symptom onset or test onset if no symptoms	Occ Health determines (may need additional testing)		

Reference: Guidance on Quarantine and Isolation for Health Care Personnel (HCP) Exposed to SARS-CoV-2 and Return to Work for HCP with COVID-19
<https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>