

Federal CDC SARS-CoV-2 Healthcare Worker Exposure Guidance

Healthcare Worker with Higher Risk Exposure (See HCW PPE Risk stratification table)

Healthcare Worker Identified as Positive Without Know Work Related—Exposure

Asymptomatic

Are up-to-date on all vaccine doses
OR
 Had confirmed COVID-19 within last 90 days (on positive viral test)
AND
 Not mod-severe immunocompromised
 See Note¹

Are **NOT** up-to-date on all vaccine doses

Exclude from work:

- Option 1:** Can return to work after day 7 following the exposure (day 0) if a viral test is negative for SARS-CoV-2 and HCW do not develop symptoms. The specimen should be collected and tested within 48 hours before the time of planned return to work (e.g., in anticipation of testing delays).
- Option 2:** can return to work after day 10 following the exposure (day 0) if they do not develop symptoms. Although the residual risk of infection is low, healthcare facilities could consider testing for SARS-CoV-2 within 48 hours before the time of planned return.
- For both options**—Follow all recommended infection prevention and control practices, including wearing well-fitting source control, monitoring themselves for fever or symptoms consistent with COVID-19, and not reporting to work when ill or if testing positive for SARS-CoV-2 infection.

Symptomatic Test Pending

Work Restrict / Isolate at home until cause of illness identified.

- HCW with even mild symptoms of COVID-19 should be prioritized for viral testing with nucleic acid or antigen detection assays; ensure that SARS-CoV-2 testing is performed with a test that is capable of detecting SARS-CoV-2 even with currently circulating variants in the United States. Testing is not recommended for asymptomatic HCW who have recovered from SARS-CoV-2 infection in the prior 90 days; this is because some people may be non-infectious but have detectable virus from their prior infection during this period.
- HCW who were initially suspected of having COVID-19 but following evaluation another diagnosis is suspected or confirmed, return to work decisions

In general, no work restrictions.

- Test immediately (but generally not earlier than 24 hours after the exposure) and, if negative, again 5-7 days after the exposure.
- Follow all recommended infection prevention and control practices, including wearing well-fitting source control, monitoring themselves for fever or symptoms consistent with COVID-19, and not reporting to work when ill or if testing positive for SARS-CoV-2 infection.
- Any HCW who develops fever or symptoms consistent with COVID-19 should immediately self-isolate and contact their established point of contact (e.g., occupational health program) to arrange for medical evaluation and testing.

**HCW Who Tests Positive for SARS-CoV-2
Work Restrict / Isolate at Home**

Isolation Discontinuation

Mild—Mod Illness and not mod-severely immunocompromised

- At least 7 days if a negative antigen or NAAT is obtained within 48 hours prior to returning to work (or 10 days if testing is not performed or if a positive test at day 5-7) have passed since symptoms first appeared, and
- At least 24 hours have passed since last fever without the use of fever-reducing medications, and
- Symptoms (e.g., cough, shortness of breath) have improved.

Asymptomatic and not mod-severely immunocompromised

At least 7 days if a negative antigen or NAAT is obtained within 48 hours prior to returning to work (or 10 days if testing is not performed or a positive test at day 5-7) have passed since the date of their first positive viral test.

Severe to Critical illness and not mod-severely immunocompromised

- In general, when 20 days have passed since symptoms first appeared, and
- At least 24 hours have passed since last fever without the use of fever-reducing medications, and
- Symptoms (e.g., cough, shortness of breath) have improved.
- The **test-based strategy** as described for moderately to severely immunocompromised HCW below can be used to inform the duration of isolation.

Moderately to severely immunocompromised

May produce replication-competent virus beyond 20 days after symptom onset or, for those who were asymptomatic throughout their infection, the date of their first positive viral test.

Use of a **test-based strategy** and consultation with an infectious disease specialist or other expert and an occupational health specialist is recommended to determine when these HCW may return to work.

Test-Based Strategy:

Symptomatic HCW

- Resolution of fever without the use of fever-reducing medications, and
- Improvement in symptoms (e.g., cough, shortness of breath), and
- Results are negative from at least two consecutive respiratory specimens collected ≥24 hours apart (total of two negative specimens) tested using an antigen test or NAAT.

Asymptomatic HCW: results are negative from at least two consecutive respiratory specimens collected ≥24 hours apart (total of two negative specimens) tested using an antigen test or NAAT.

Notes:

◇¹There may be circumstances when work restriction might be recommended. For this and more guidance, see the “Exposure Investigation Checklist” at <https://www.maine.gov/dhhs/mecdc/infectious-disease/hai/resources.shtml>

◇ For **strategies to mitigate staffing shortages** see: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html>

Federal CDC SARS-CoV-2 Healthcare Patient / Resident Exposure Guidance

Exposure of Patients / Residents		
Actions	Patients / Residents Identified as a Close Contact Exposure to Someone with SARS-CoV-2	
	Are Up-to-date on all COVID-19 vaccine doses as recommended by CDC	Had SARS-CoV-2 in past 90 days
Quarantine (Transmission-Based Precautions) & Other Prevention Measures	<ul style="list-style-type: none"> ♦Residents/Patients who are up to date with all recommended COVID-19 vaccine doses and those who have recovered from SARS-CoV-2 infection in the prior 90 days who have had close contact with someone with SARS-CoV-2 infection should wear source control and be tested. ♦They <u>do not need</u> to be quarantined, restricted to their room, or cared for by HCW using the full PPE recommended for the care of a resident with SARS-CoV-2 infection unless they develop symptoms of COVID-19, are diagnosed with SARS-CoV-2 infection, or the facility is directed to do so by the jurisdiction’s public health authority. ♦Quarantine might also be considered if the resident/patient is moderately to severely immunocompromised. ♦They should wear source control & physically distance (when physical distancing is feasible) for 10 days after their exposure. <i>-If they are unable to comply with masking or physical distancing then quarantine may be warranted.</i> 	<p style="text-align: center;">Are NOT up-to-date with all recommended COVID-19 vaccine doses as recommended by CDC and have NOT had SARS-CoV-2 in last 90 days</p> <ul style="list-style-type: none"> ♦Residents/Patients who are not up to date with all recommended COVID-19 vaccine doses and who have had close contact with someone with SARS-CoV-2 infection should be placed in quarantine after their exposure, even if viral testing is negative. They should generally be restricted to their rooms (even if testing is negative) and should not participate in group activities. ♦HCW caring for them should use full PPE (gowns, gloves, eye protection, and N95 or higher-level respirator). <p style="text-align: center;">Quarantine (Transmission-Based Precautions) Discontinuation</p> <p><u>Option 1:</u> can be removed from Transmission-Based Precautions after day 10 following the exposure (day 0) if they do not develop symptoms. Although the residual risk of infection is low, healthcare providers could consider testing for SARS-CoV-2 within 48 hours before the time of planned discontinuation of Transmission-Based Precautions.</p> <p><u>Option 2:</u> can be removed from Transmission-Based Precautions after day 7 following the exposure (day 0) if a viral test is negative for SARS-CoV-2 and they do not develop symptoms. The specimen should be collected and tested within 48 hours before the time of planned discontinuation of Transmission-Based Precautions. Patients/Residents should wear source control & physical distance (when physical distancing is feasible) for 10 days after their exposure even when released from quarantine at day 7.</p>
Other Considerations	<ul style="list-style-type: none"> ♦There may be circumstances when Transmission-Based Precautions (quarantine) for these patients/residents might be recommended (e.g., moderately to severely immunocompromised). ♦In the event of ongoing transmission within a facility that is not controlled with initial interventions, strong consideration should be given to use of quarantine for patients on affected units and work restriction of HCW with higher-risk exposures, even if they are up to date with all recommended COVID-19 vaccine doses. ♦In addition, there might be other circumstances for which the jurisdiction’s public health authority recommends these and additional precautions. 	
Testing	<ul style="list-style-type: none"> ♦Asymptomatic patients/residents with close contact with someone with SARS-CoV-2 infection, regardless of vaccination status, should have a series of two viral tests for SARS-CoV-2 infection. In these situations, testing is recommended immediately (but generally not earlier than 24 hours after the exposure) and, if negative, again 5–7 days after the exposure. ♦In general, testing is not necessary for asymptomatic people who have recovered from SARS-CoV-2 infection in the prior 90 days; however, if testing is performed on these individuals an antigen test instead of a nucleic acid amplification test (NAAT) is recommended. This is because some people may remain NAAT positive but not be infectious during this period. <p style="text-align: center;"><i>Note: for nursing homes, see specific guidance for when a SARS-CoV-2 case is identified for contact tracing/testing on the HAI Website, document "Federal CDC LTC New Identification of SARS-CoV-2 Case Guidelines Summary"</i></p> <p style="text-align: right;">https://www.maine.gov/dhhs/mecdc/infectious-disease/hai/resources.shtml</p>	

References:

- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/nursing-home-long-term-care.html>

Federal CDC SARS-CoV-2 General Public (Non-Healthcare) Exposure Guidance

General Public -Exposure to someone with SARS-CoV-2

Close contact: someone who was less than 6 feet away from infected person for a cumulative total of 15 minutes or more over a 24 hr. period.

You are up-to-date on COVID-19 vaccinations

Had confirmed COVID-19 within last 90 days (on positive viral test)

You are not up-to-date on COVID-19 vaccinations

Actions:

- Wear a well-fitting mask around others for 10 days from the date of your last close contact with someone with COVID-19 (*date of last close contact is considered day 0*). Take precautions until day 10.
- Get tested at least 5 days after you last had close contact with someone with COVID-19 (*Note: if you tested positive in last 90 days by viral test you do not need to get tested*).
- Wash your hands frequently with alcohol-based hand rub or soap and water
- Watch for symptoms until 10 days after you last had contact with someone with COVID-19.
- Take precautions if traveling
- Avoid being around people who are more likely to get very sick from COVID-19

Quarantine:

- Stay home and away from other people **for at least 5 days** (day 0 through day 5) after your last contact with a person who has COVID-19. The date of your exposure is considered day 0. Wear a [well-fitting mask](#) if you must be around others in your home.
- For 10 days after your last close contact with someone with COVID-19, watch for fever (100.4°F or greater), cough, shortness of breath, or other [COVID-19 symptoms](#).
- Wash your hands frequently with alcohol-based hand rub or soap and water
- If possible, stay away from people you live with, especially people who are at [higher risk](#) for getting very sick from COVID-19, as well as others outside your home throughout the full 10 days after your last close contact with someone with COVID-19.
- If [you are unable to quarantine](#), you should wear a [well-fitting mask](#) for 10 days when around others at home and in public.
- If you are unable to wear a mask when around others, you should continue to quarantine for 10 days when around others at home and in public.
- Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- Do not travel during your 5-day quarantine period. After quarantine, it is best to avoid travel until a full 10 days after you last had close contact with someone with COVID-19. If you must travel during days 6-10, [take precautions](#).
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until after 10 days after your last close contact with someone with COVID-19.

If you develop symptoms get tested immediately, isolate and wear a mask around others until you received your test results.

If you **test positive**, you should follow recommendations in the [isolation](#) guidance on next page.

- If you **do not develop symptoms**, [get tested](#) at least 5 days after you last had close contact with someone with COVID-19.
 - ◇ If you **test negative**, you can leave your home, but continue to wear a [well-fitting mask](#) when around others at home and in public until 10 days after your last close contact with someone with COVID-19.
 - ◇ If you are **unable to get a test 5 days after last close contact** with someone with COVID-19, you can leave your home after day 5 if you have been without [COVID-19 symptoms](#) throughout the 5-day period. Wear a [well-fitting mask](#) for 10 days after your date of last close contact when around others at home and in public.
 - ◇ Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.

References:

- <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Federal CDC SARS-CoV-2 General Public (Non-Healthcare) Exposure Guidance

General Public Isolation Guidance

You have symptoms

You have no symptoms

You are moderately or very sick or have weakened immune system (immunocompromised)

For everyone:

- Monitor symptoms, if you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately
- Stay in separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Wear a well-fitting mask when you need to be around other people.
- Take steps to improve ventilation at home, if possible
- Don't share personal household items, like cups, towels, and utensils.
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work **until a full 10 days after your first day of symptoms.**
- Avoid being around people who are more likely to get very sick from COVID-19.
- Do not travel

AND Follow additional specific guidance below:

Have Symptoms: Isolate for at least 5 full days. Day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed. You can leave isolation after 5 full days.

- You can **end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved** (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
 - ◊ You should continue to wear a [well-fitting mask](#) around others at home and in public for 5 additional days (day 6 through day 10) after the end of your 5-day isolation period. If you are unable to wear a mask when around others, you should continue to isolate for a full 10 days. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- **If you continue to have fever or your other symptoms have not improved after 5 days of isolation**, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. Continue to wear a [well-fitting mask](#). Contact your healthcare provider if you have questions.

If you have access to a test and wants to test, the best approach is to use an [antigen test](#)¹ towards the end of the 5-day isolation period. Collect the test sample only if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (loss of taste and smell may persist for weeks or months after

No symptoms: Isolate for at least 5 full days. Day 0 is the day of your positive viral test (*based on the date you were tested*) and day 1 is the first full day after the specimen was collected for your positive test. You can leave isolation after 5 full days.

- If you continue to have no symptoms, you can end isolation after at least 5 days.
 - ◊ You should continue to wear a [well-fitting mask](#) around others at home and in public until day 10 (day 6 through day 10).
- **If you are unable to wear a mask when around others**, you should continue **to isolate for 10 days**. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- **If you develop symptoms after testing positive, your 5-day isolation period should start over.** Day 0 is your first day of symptoms. Follow the recommendations above for [ending isolation for people who had COVID-19 and had symptoms](#).

*If you have access to a test and wants to test, the best approach is to use an [antigen test](#)¹ towards the end of the 5-day isolation period. If your test result is **positive**, you should continue to isolate until day 10. If your test result is negative, you can end isolation, but continue to wear a [well-fitting mask](#) around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel described above.*

Moderately or very sick with COVID-19 (including those who were hospitalized or required intensive care or ventilation support) and **people with weakened immune systems** might need to isolate at home longer. They may also require testing with a [viral test](#) to determine when they can be around others. **CDC recommends an isolation period of at least 10 and up to 20 days for people who were severely ill with COVID-19 and for people with weakened immune systems.** Consult with your healthcare provider about when you can resume being around other people.

People who have a weakened immune system should talk to their healthcare provider about the potential for reduced immune responses to COVID-19 vaccines and the need to continue to follow [current prevention measures](#) (including wearing a [well-fitting mask](#), [staying 6 feet apart from others](#) they don't live with, and avoiding crowds and poorly ventilated indoor spaces) to protect themselves against COVID-19 until advised otherwise by their healthcare provider. Close contacts of immunocompromised people – including household members – should also be encouraged to receive all [recommended COVID-19 vaccine doses](#) to help protect these people.

Note: ¹As noted in the [labeling for authorized over-the-counter antigen tests](#): Negative results should be treated as presumptive. Negative results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions. To improve results, antigen tests should be used twice over a three-day period with at least 24 hours and no more than 48 hours between tests.

References:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

<https://www.maine.gov/dhhs/mecdc/infectious-disease/hai/resources.shtml>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>

<https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/faq.html#Infection-Control>

https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/scientific-brief-options-to-reduce-quarantine.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fmore%2Fscientific-brief-options-to-reduce-quarantine.html

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https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Ffully-vaccinated.html