

## Employee Information before and after COVID-19 Testing

It is the employee's responsibility to review their COVID test result and take appropriate action. Some employees will be instructed by Employee Health to return to work and must be prepared to do so upon receiving their negative COVID test result.

### COVID-19 Work restrictions for Healthcare workers (Contingency Strategy)

Vaccination status	Exposed (Quarantine)	COVID Test Positive (Isolate)
<p>If you</p> <ul style="list-style-type: none"> <li>completed the primary series of Pfizer or Moderna vaccine over 5 months ago and are <b>NOT</b> boosted</li> <li>OR</li> <li>Completed the primary series of J&amp;J over 2 months ago and are <b>NOT</b> boosted</li> <li>OR</li> <li>Are unvaccinated</li> </ul>	<p><b>Contact the IHA COVID Hotline to be set up for testing.</b></p> <ul style="list-style-type: none"> <li><b>Need negative covid ANTIGEN test (not PCR) within 48 hours prior to returning to work.</b></li> <li><b>Need a second covid ANTIGEN test day 5, 6, or 7 from exposure date.</b></li> <li>Monitor for symptoms of illness, If symptoms of illness develop, stay home and contact covid hotline. MUST wear a mask for 10 full days.</li> </ul>	<ul style="list-style-type: none"> <li>Stay home for 5 days</li> <li>If you have no symptoms or your symptoms are resolving <b>AFTER 5</b> days return to work. <ul style="list-style-type: none"> <li>If you have not been without fever, diarrhea or vomiting for 24 hours. stay home AND contact your supervisor.</li> </ul> </li> <li>Continue to wear a mask when around others for 5 additional days, including appropriate PPE for your work area.</li> </ul>
<p>If you</p> <ul style="list-style-type: none"> <li>Have been boosted</li> <li>OR</li> <li>Completed the primary series of Pfizer or Moderna vaccine within the last 5 months</li> <li>OR</li> <li>Completed the primary series of J&amp;J vaccine within the last 2 months</li> </ul>	<p><b>Continue to work as long as asymptomatic. Wear appropriate PPE for your work area. COVID testing is not required.</b></p> <p>Monitor for symptoms of illness. If symptoms of illness develop, stay home and contact covid hotline. Wear a mask around others for 10 full days.</p>	<ul style="list-style-type: none"> <li><b>Must wear a mask at all times and meal breaks are taken alone at work for additional 5 days upon return.</b></li> </ul> <p>***Exception – Hem/Onc employees will utilize remote work option if applicable and physically RTW AFTER day 10. If you have not been without fever, diarrhea or vomiting for 24 hours. stay home AND contact your supervisor.</p>

#### Need to contact the COVID Hotline?

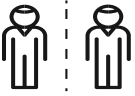
- Fill out the COVID Hotline form or
- call 734-747-6766 ext. to 10762 and leave a message
- If you have worsening symptoms including severe shortness of breath, seek medical attention immediately from local Urgent Care or Emergency Room.

#### Questions about COVID Pay?

- If there are questions related to COVID pay, please reach out to [leaves@ihacares.com](mailto:leaves@ihacares.com).
- If time off due to symptoms or illness not related to COVID is required, then the employee is instructed to follow their normal call-in procedures and take PTO which is subject to the attendance policy.

**Test Results:** For patients with MyChart: A result of "DETECTED" means the virus was detected and you are positive for COVID-19. A result of "NOTDET" means the virus was not detected and you do not have COVID-19 at this time.

## SELF- ISOLATION and HOME QUARANTINE INSTRUCTIONS



### Separate yourself from others

As much as possible, you should stay in a specific room and away from others in your home. Also, you should use a separate bathroom, if available.



### Clean your hands often

Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

### Clean surfaces daily

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. have good ventilation during use of the product.



### Wear a facemask

You should wear a facemask when you are around other people or pets (e.g., sharing a room or vehicle). People who live with you should not be in the same room with you, or they should wear a facemask if they enter your room.

### Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

### Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing)



### Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands.