

COVID-19: INTERIM GUIDANCE FOR ILL HEALTH CARE PERSONNEL (HCP), EXPOSURE INVESTIGATIONS IN HEALTH CARE SETTINGS, AND RETURN FROM TRAVEL
April 2, 2021 (Replaces March 24, 2021)

Cases of COVID-19 and community transmission continue to occur in the New York City area. All HCP are strongly encouraged to receive the COVID-19 vaccine as vaccination remains the best way to prevent COVID-19 illness, prevent the emergence of variants, and end the pandemic. To minimize transmission of SARS-CoV-2 from HCP to patients, to other HCP, and to their family and friends, appropriate management of ill HCP, HCP who travel and HCP with potential exposures to individuals with COVID-19 is critical to control the COVID-19 pandemic.

DAILY STEPS THAT ALL HCP SHOULD ALWAYS FOLLOW, REGARDLESS OF COVID-19 VACCINATION STATUS

- **Complete the electronic COVID-19 attestation** (e.g., COVID Pass) prior to reporting for work each day.
- **Daily COVID-19 symptom monitoring:**
 - fever \geq 100°F OR feeling feverish, chills, or rigors
 - cough
 - shortness of breath
 - sore throat
 - new loss of sense of smell or altered sense of taste
 - new onset of lower acuity symptoms (muscle aches, fatigue, headache, nasal congestion OR diarrhea).

HCP WHO DEVELOP SYMPTOMS OF COVID-19

- **If symptoms develop at home:**
 - Do **NOT** report to work.
 - Self-isolate.
 - Notify supervisor, manager, program director, or division chief.
- **If symptoms develop at work:**
 - Continue to wear surgical face mask and avoid contact with other HCP and patients.
 - Notify supervisor, manager, program director, or division chief.
 - **Go home.**
- **Use NYP COVID Tracker (<https://covidtracker.nyp.org>) or contact WH&S COVID Hotline (646-697-9470; M-F 7am-5pm; weekend 7am-1pm) to report illness and obtain instructions on testing, if indicated, and guidance on return to work.**
 - NYP has developed [Discharge Guidance](#) for ill HCP.
- **HCP with COVID-19 must meet the following return to work criteria:**
 - At least 10 days (possibly longer, based on severity of illness) have passed since symptoms began, AND
 - No fever for at least 24 hours without the use of fever-reducing medications (such as Tylenol®, ibuprofen, or aspirin), AND
 - Symptoms have markedly improved

Contact Infection Prevention & Control:

NYP-AH: 212-932-5219	NYP-CU and NYP-MSCH: 212-305-7025	NYP-WC: 212-746-1754
NYP-WBHC: 914-997-4377	NYP-LMH: 212-312-5976	NYP-LH: 914-787-3045
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FOLLOWING TRAVEL

For **DOMESTIC TRAVEL**, effective April 1, 2021, **NYSDOH NO LONGER REQUIRES testing or quarantine for domestic travel (i.e., travel to any state or U.S. territory)**. All travelers, including those returning from domestic travel, are still required to complete the [NYS Traveler Form](#) upon return.

For **INTERNATIONAL TRAVEL**, quarantine and testing requirements are based on NYSDOH requirements and apply to ALL international travelers, **including HCP, REGARDLESS of vaccination status, negative test results, or recovery from a prior COVID-19 infection.**

Table 1. Quarantine and Testing for International Travel for all HCP (REGARDLESS OF COVID-19 VACCINATION STATUS)

	INTERNATIONAL Travel (Vaccinated and Unvaccinated HCP)
Notification	Use NYP COVID Tracker or contact WH&S COVID Hotline (646-697-9470; M-F 7am-5pm; weekend 7am-1pm) to report international travel and obtain instructions on testing and quarantine and guidance on return to work.
Quarantine	Quarantine x 7 days (Day 0 is day of return to U.S.) <ul style="list-style-type: none"> Return to work on day 8 if individual remains asymptomatic and tests negative for SARS-CoV-2 3-5 days after return to U.S.
Testing¹ (SARS-CoV-2 PCR)	AFTER² arrival in U.S.: <ul style="list-style-type: none"> Must get tested day 3-5 after return (Day 0 is day of return to U.S.)

¹HCP are encouraged to schedule their COVID-19 PCR testing in advance

²Please note: **testing prior to return to U.S.** may also be required. Asymptomatic individuals (including HCP) returning from international travel must follow [CDC's international travel requirements](#) including showing proof of a negative diagnostic test for COVID-19 no more than 3 days before boarding a flight to return to the U.S. OR documentation of recovery from prior COVID-19 infection (i.e., proof of a recent positive viral test in the past 3 months AND a letter from a health care provider or a public health official stating that the HCP was cleared to travel)

For more information: [NYSDOH Health Care Personnel Return to Work Advisory](#)

COMMUNITY OR HEALTH CARE EXPOSURE TO COVID-19

- HCP (INCLUDING HCP WHO HAVE RECEIVED THE COVID-19 VACCINE) should report ALL community exposures to WH&S COVID Hotline (646-697-9470; M-F 7a-5p; weekend 7a-1p) OR see [NYP COVID Tracker](#) for initial instructions after hours; and report ALL health care (occupational) exposures to Infection Prevention & Control (IP&C).

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- **SEE TABLE 2** below for exposure criteria for community and health care exposures, as well as the notification/reporting process for each.
- For health care exposures, IP&C conducts exposure investigations in accordance with current public health recommendations.
- **AFTER REPORTING the community or health care exposure, quarantine and testing requirements depend on vaccination status of the exposed HCP and whether they have recovered from a prior COVID-19 infection within 3 months (SEE [TABLE 3](#)).**
- HCP working in nursing homes may have different requirements from the below and should contact WH&S COVID Hotline (646-697-9470) for specific instructions.

Table 2. Exposure Criteria for HCP (both vaccinated and unvaccinated) following Community and Health Care Exposures¹

	EXPOSURE CRITERIA	PROCESS
Community Exposure	<ul style="list-style-type: none"> ● Within 6 feet of individual with COVID-19 ● For 10 or more minutes ● Either one/both the HCP and individual with COVID-19 NOT wearing mask/face covering. 	<ul style="list-style-type: none"> ● Use NYP COVID Tracker or contact WH&S COVID Hotline (646-697-9470) to report a community exposure and receive instructions for returning to work based on vaccination status (see Table 3).
Health Care Exposure	<p>NO Aerosol-Generating Procedure performed:</p> <ul style="list-style-type: none"> ● Within 6 feet of individual with COVID-19 ● For 15 or more cumulative minutes over 24 hours ● HCP NOT wearing mask and/or individual with COVID-19 NOT wearing mask, OR ● HCP NOT wearing N95 respirator/mask AND eye protection IF individual with COVID-19 NOT wearing mask <p>Aerosol-Generating Procedure performed:</p> <ul style="list-style-type: none"> ● HCP NOT wearing both N95 respirator AND eye protection <i>for any length of time.</i> 	<ul style="list-style-type: none"> ● Contact IP&C to report any potential health care (occupational) exposure for further investigation

¹ Exposure criteria are the same for vaccinated and unvaccinated HCP, but the requirements for quarantine differ as described in [Table 3](#).

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Table 3: Quarantine Requirements for HCP following either Community or Health Care Exposure¹

FULLY VACCINATED HCP	UNVACCINATED ² HCP	HCP RECOVERED FROM PRIOR COVID-19 INFECTION WITHIN 3 MONTHS
<ul style="list-style-type: none"> • DO NOT NEED TO QUARANTINE IF meet all the following: <ul style="list-style-type: none"> ○ Are ≥2 weeks after receiving the second dose of Pfizer or Moderna vaccine or ≥2 weeks after receiving one dose of the Johnson & Johnson (Janssen) vaccine ○ Remain asymptomatic • Testing for SARS-CoV-2 is not required but will be made available to exposed HCP via the WH&S COVID-19 Hotline 646-697-9470. <ul style="list-style-type: none"> ○ Optimal time for testing is 5-7 days after exposure • If positive test result: <ul style="list-style-type: none"> ○ Notify supervisor, manager, program director, or division chief ○ Go home (or stay home) ○ Use NYP COVID Tracker or contact WH&S COVID Hotline (646-697-9470; M-F 7a-5p; weekend 7a-1p) to report positive result and obtain guidance on return to work. 	<ul style="list-style-type: none"> • QUARANTINE FOR 10 DAYS after date of last exposure • Testing for SARS-CoV-2 is not required but will be made available to exposed HCP via the WH&S COVID-19 Hotline 646-697-9470. <ul style="list-style-type: none"> ○ Optimal time for testing is 5-7 days after exposure ○ A negative test result does NOT eliminate the required 10-day quarantine ○ A positive test result may influence return to work decision-making. • If symptoms of COVID-19 develop during the 10-day quarantine period, see above HCP WHO DEVELOP SYMPTOMS OF COVID-19. 	<ul style="list-style-type: none"> • DO NOT NEED TO QUARANTINE if remain asymptomatic • DO NOT NEED TO UNDERGO SARS-COV-2 TESTING AFTER EXPOSURE

¹See [Table 2](#) for exposure criteria

²Unvaccinated = not meeting criteria for Vaccinated HCP (i.e., NOT **≥2 weeks** after receiving the second dose of Pfizer or Moderna vaccine or **≥2 weeks** after receiving one dose of the Johnson & Johnson (Janssen) vaccine

For more information:

[Novel Coronavirus \(COVID-19\) page](#) on the NYP Infonet or the [CDC's COVID-19 website](#).

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