COVID-19: INTERIM GUIDANCE FOR ILL HEALTH CARE PERSONNEL (HCP), EXPOSURE INVESTIGATIONS IN HEALTH CARE SETTINGS, AND RETURN FROM TRAVEL
April 14, 2021 (Replaces April 2, 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. Symptom screening before each shift is required by NYSDOH for all HCP.

• Daily COVID-19 symptom monitoring:
  o fever > 100°F OR feeling feverish, chills, or rigors
  o cough
  o shortness of breath
  o sore throat
  o new loss of sense of smell or altered sense of taste
  o 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:
  o Do NOT report to work.
  o Self-isolate.
  o Notify supervisor, manager, program director, or division chief.

• If symptoms develop at work:
  o Continue to wear surgical face mask and avoid contact with other HCP and patients.
  o Notify supervisor, manager, program director, or division chief.
  o 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.
  o NYP has developed Discharge Guidance for ill HCP.

• HCP with COVID-19 must meet the following return to work criteria:
  o At least 10 days (possibly longer, based on severity of illness) have passed since symptoms began, AND
  o No fever for at least 24 hours without the use of fever-reducing medications (such as Tylenol®, ibuprofen, or aspirin), AND
  o 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
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FOLLOWING TRAVEL

DOMESTIC TRAVEL: Effective April 1, 2021, NYSDOH NO LONGER REQUIRES testing or quarantine for travel to any state or U.S. territory, except unvaccinated HCP working in nursing home settings, who should contact WH&S COVID Hotline (646-697-9470) for specific instructions. All travelers, including those returning from domestic travel, are still required to complete the NYS Traveler Form upon return.

INTERNATIONAL TRAVEL: Effective April 10, 2021, NYSDOH NO LONGER REQUIRES QUARANTINE upon return to the U.S. for international travelers (including HCP) who are FULLY VACCINATED OR who have recovered from documented COVID-19 infection within 3 months.

Table 1. Quarantine and Testing for INTERNATIONAL TRAVEL for HCP (based on COVID-19 VACCINATION STATUS or recovery from prior COVID-19 infection)

<table>
<thead>
<tr>
<th>POST-INTERNATIONAL TRAVEL REQUIREMENT</th>
<th>UNVACCINATED2 HCP</th>
<th>FULLY VACCINATED1 HCP</th>
<th>HCP RECOVERED FROM COVID-19 WITHIN 3 MONTHS4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Use NYP COVID Tracker or contact WH&amp;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.</strong></td>
<td></td>
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<tr>
<td><strong>Quarantine x 7 days (Day 0 is day of return to U.S.)</strong></td>
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<tr>
<td>Return to work on day 8 if remain asymptomatic and test negative for SARS-CoV-2 3-5 days after return to U.S.</td>
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<tr>
<td><strong>Testing3 (SARS-CoV-2 PCR) on Day 3-5 AFTER4 arrival in U.S. (Day 0 is day of return to U.S.)</strong></td>
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</tr>
</tbody>
</table>

1. Fully Vaccinated = ≥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.
2. Unvaccinated = anyone not meeting criteria for Fully Vaccinated.
3. HCP are encouraged to schedule their COVID-19 PCR testing in advance.
4. Please note: testing PRIOR to return to U.S. may also be required. Asymptomatic individuals (including fully vaccinated people) returning from international travel must follow CDC’s international travel requirements.

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including a negative diagnostic test for COVID-19 ≤ 3 days before boarding a flight to the U.S. OR documentation of recovery from prior COVID-19 infection

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).
  - SEE TABLE 2 for exposure criteria and notification/reporting processes for community and health care exposures
- AFTER REPORTING the 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 CRITERIA¹ for HCP (both vaccinated and unvaccinated) following Community and Health Care Exposures

<table>
<thead>
<tr>
<th>EXPOSURE CRITERIA¹</th>
<th>PROCESS</th>
</tr>
</thead>
</table>
| Community Exposure | • 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. |
|                     | • 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| NO Aerosol-Generating Procedure performed:  
• 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 |
|                     | • Contact IP&C to report any potential health care (occupational) exposure for further investigation |
|                     | Aerosol-Generating Procedure performed:  
• HCP NOT wearing both N95 respirator AND eye protection for any length of time. |

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1. Includes those who have received ANY dose of COVID-19 vaccine.
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Exposure criteria are the same for vaccinated and unvaccinated HCP, but requirements for quarantine differ as described in Table 3.

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

<table>
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<tr>
<th>POST-EXPOSURE REQUIREMENT</th>
<th>UNVACCINATED³ HCP</th>
<th>FULLY VACCINATED² HCP</th>
<th>HCP RECOVERED FROM PRIOR COVID-19 INFECTION WITHIN 3 MONTHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quarantine x 10 days (Day 0 is day of last exposure) Return to work on day 11 if remain asymptomatic</td>
<td>☑ Required</td>
<td>Not required</td>
<td>Not required</td>
</tr>
</tbody>
</table>

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.

- Optimal time for testing is 5-7 days after exposure

³See Table 2 for exposure criteria. For ANY exposed HCP (regardless of vaccination status or prior documented COVID-19 infection), if symptoms of COVID-19 develop following an exposure, see above HCP WHO DEVELOP SYMPTOMS OF COVID-19.

⁴For unvaccinated HCP, a negative test result does NOT eliminate the required 10-day quarantine. A positive test result may influence return to work decision-making.

⁵For fully vaccinated HCP, if test positive, see above HCP WHO DEVELOP SYMPTOMS OF COVID-19.

For more information:
Novel Coronavirus (COVID-19) page on the NYP Infonet, the CDC’s COVID-19 website, NYSDOH Travel Advisory, or NYSDOH Health Care Personnel Return to Work Advisory

Contact Infection Prevention & Control:

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