### NOVEL CORONAVIRUS (COVID-19)
### UCSF CONTINUE TO WORK - RETURN TO WORK GUIDELINES FOR STAFF
#### Effective May 10, 2021

#### Symptom/Exposure Review

1. In the past 24 hours, have you had one or more of these symptoms, which is new or not explained by a pre-existing condition?
   - Fever, chills, or shivering/shakes (≥ 37.8°C / 100°F)
   - Cough
   - Sore throat
   - Runny or congested nose (not related to allergies)
   - Difficulty breathing or shortness of breath
   - Unexplained muscle aches
   - Feeling unusually weak or fatigued
   - Loss of sense of smell or taste
   - Diarrhea (defined as ≥ 3 stools in 24 hrs)
   - Eye redness +/- discharge (“pink eye,” not related to allergies)

#### Can I Work Today?

**NO**

#### Do I Need to Stay at Home?

**YES, stay at home**
- Consult with your medical provider as needed or if symptom worsens
- Call COVID Hotline (415.514.7328) for testing and evaluation

#### When Can I Return to Work?

**Complete Symptom Resolution** required for staff working on *High Risk Units*

- **If COVID-negative:**
  - Return when >3 consecutive days without fever and 24 hrs since symptoms resolved (acceptable with improving or lingering symptoms if wearing mask and not working with High-Risk Units or Areas)
  - When not part of a pre-existing condition, diarrhea must be resolved at least 48 hrs before return to work
  - YOU’RE ABLE TO CLEAR VIA THE DAILY HEALTH SCREENER. YOUR PASS ACTS AS THE OHS CLEARANCE EMAIL.

- **If COVID-positive:** follow guidance in #9

- **If COVID-untested:**
  - Check with COVID Hotline (415.514.7328)
  - 10-day quarantine since symptom onset is an acceptable alternative to COVID-19 testing. If immunocompromised, then 20-day quarantine required)

*For Isolated Runny Nose at Benioff Children’s Hospital, if you work on a High Risk Unit, a respiratory virus panel will be performed.

- **If COVID-negative but positive for any other respiratory viruses:** Do not return to High Risk Unit for work until symptoms are resolved at ≥ 3 days since Runny Nose onset
- **If COVID-negative and negative for all other respiratory viruses:** Return to work after ≥3 days since Runny Nose onset with symptom monitoring; if ANY symptoms arise, notify manager, go/stay home and call COVID hotline (415.514.7328) for further review

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Direct questions about the process to the COVID-19 Hotline at 415-514-7328 or Occupational Health COVID Response Team at 415-476-8000
### Symptom/Exposure Review

2. In the past 14 days, have you had one or more of these symptoms, which is new or not explained by a pre-existing condition?

- Fever, chills, or shivering/shakes (≥ 37.8°C / 100°F)
- Cough
- Sore throat
- Runny or congested nose (not related to allergies)
- Difficulty breathing or shortness of breath
- Unexplained muscle aches
- Feeling unusually weak or fatigued
- Loss of sense of smell or taste
- Diarrhea (defined as ≥ 3 stools in 24 hrs)
- Eye redness +/- discharge (“pink eye,” not related to allergies)

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<thead>
<tr>
<th>Can I Work Today?</th>
<th>Do I Need to Stay at Home?</th>
<th>When Can I Return to Work?</th>
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<tbody>
<tr>
<td>No, stay at home</td>
<td>YES, stay at home</td>
<td>If COVID-negative AND symptom-free &gt;24 hours:</td>
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<td>You are cleared to work onsite if you meet ALL of the following criteria:</td>
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<td>- Fever-free for 72 hrs without use of a fever-reducing medication</td>
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<td>- Diarrhea-free for 48 hrs (when not part of a pre-existing condition)</td>
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<td>- You have communicated with your supervisor about your negative result and meeting criteria above</td>
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<td>- You have attested to these criteria on the daily screener (click here or text SCREEN to 83973)</td>
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<td>If COVID-negative AND lingering symptoms:</td>
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<td>- You’ve consulted with your medical provider to consider additional treatment or alternative diagnoses</td>
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<td>- You’ve received a clearance email to return to work; call COVID Hotline (415.514.7328) if awaiting email</td>
</tr>
<tr>
<td>YES, you can continue to work today.</td>
<td>NO, you may continue to work.</td>
<td>If COVID-positive: follow guidance in #9</td>
</tr>
<tr>
<td>If you are working onsite at UCSF location, testing is recommended but not required. Call the COVID Hotline (415.514.7328) for testing options.</td>
<td>If COVID-negative:</td>
<td>If COVID-untested:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- You may continue to work. No OHS Clearance email is required</td>
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<td></td>
<td>- Self-monitor(^2) for 14 days</td>
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</tbody>
</table>

3. In the past 14 days, have you had new symptoms that you believe are due to allergies or another pre-existing condition?

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<tr>
<td>YES, you can continue to work today.</td>
<td>NO, you may continue to work.</td>
<td>If COVID-negative:</td>
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<tr>
<td>If you are working onsite at UCSF location, testing is recommended but not required. Call the COVID Hotline (415.514.7328) for testing options.</td>
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<td>If COVID-positive: follow guidance in #9</td>
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<tr>
<td>If COVID-untested:</td>
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<td>- You may continue to work</td>
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<tr>
<td>- You may continue to work</td>
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<td>- Self-monitor(^2) for 14 days</td>
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Direct questions about the process to the COVID-19 Hotline at 415-514-7328 or Occupational Health COVID Response Team at 415-476-8000
### Symptom/Exposure Review

4. In the past 10 days, have you returned from travel outside the U.S.?

Additional UCSF travel guidance found here: [https://infectioncontrol.ucsfmedicalcenter.org/sites/g/files/tkssra4681/f/New_Hire_COVID_Onboarding.pdf](https://infectioncontrol.ucsfmedicalcenter.org/sites/g/files/tkssra4681/f/New_Hire_COVID_Onboarding.pdf)

More information about COVID-19 risk in different countries can be found at CDC and WHO websites.³

All New Hires to UCSF refer to [https://infectioncontrol.ucsfmedicalcenter.org/sites/g/files/tkssra4681/f/New_Hire_COVID_Onboarding.pdf](https://infectioncontrol.ucsfmedicalcenter.org/sites/g/files/tkssra4681/f/New_Hire_COVID_Onboarding.pdf)

### Can I Work Today?

Possible, see below for details.

**Before Returning to the U.S.**

The Centers for Disease Control and Prevention (CDC) requires all air passengers entering the United States (including U.S. citizens and legal permanent residents) to present one of the following:

1. A negative COVID-19 test taken 72 hours or less before boarding a flight to the U.S.; or
2. Proof of COVID-19 infection within the last 90 days.

Check the CDC website for additional information and [frequently asked questions](https://coronavirus.ucsf.edu/travel#travel).

For On-Site Workers⁸ (essential health care worker) at any UCSF locations:

- **Fully-vaccinated⁸**: you do not need to quarantine, and you should obtain a COVID-19 test through Color, 3-5 days after returning from travel.

- **Not vaccinated**: OHS CLEARANCE EMAIL IS REQUIRED BEFORE RETURNING TO WORK and testing on Day 1, and Day 5-7 following return from travel.

For Unvaccinated Researchers and Remote Workers who are periodically at any UCSF locations may choose one of the following:

- **Option 1**: OHS CLEARANCE EMAIL IS REQUIRED BEFORE RETURNING TO WORK and 7-day quarantine with negative COVID-19 test through Color taken on day 5-7.

- **Option 2**: OHS CLEARANCE EMAIL IS REQUIRED BEFORE RETURNING TO WORK and 10-day quarantine. After completing 10-day quarantine, testing is optional but not required.

### Do I Need to Stay at Home?

- **No**, if you are fully-vaccinated⁹ or essential health care worker⁸, you can work.

- **YES**, if you are not fully-vaccinated⁹. stay at home until you have obtained OHS clearance to return to work.

- Outside of work, follow post-travel (home) quarantine guidance.

- Call COVID Hotline (415.514.7328) for return to work clearance.

- Self-monitor⁶ for 14 days, beginning on the first day back in the US.

- Home Isolation instructions⁶

### When Can I Return to Work?

- **If you are fully-vaccinated⁹** you do not need to quarantine, and you should obtain a COVID-19 test through Color, 3-5 days after returning from travel. If you have immunocompromised medical conditions, consult with your doctor about the timing for return to work.

- **If you are not fully-vaccinated⁹**: OHS CLEARANCE EMAIL IS REQUIRED BEFORE RETURNING TO WORK. General principles listed below.

- If you returned from travel and develop symptoms of COVID-19 (listed in #1 above), call COVID Hotline (415.514.7328) for testing and further evaluation

- Self-monitor⁶ for symptoms for total of 14 days

- Home Isolation instructions⁶

- Consult with your medical provider as needed or if symptom worsens

- Call COVID Hotline (415.514.7328) for return to work clearance

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Direct questions about the process to the COVID-19 Hotline at 415-514-7328 or Occupational Health COVID Response Team at 415-476-8000
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<tr>
<th>Symptom/Exposure Review</th>
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<tr>
<td><strong>5. Have you traveled outside California, but within the United States?</strong></td>
<td>YES: For FULLY VACCINATED employees and students at UCSF. There is no quarantine or testing requirement. You will symptom monitor for 14 days. If you have immunocompromised medical conditions, consult with your doctor about the timing for return to work.</td>
<td>• For FULLY VACCINATED employees and students at UCSF, There is no quarantine or testing requirement. You will symptom monitor for 14 days. • Stay at home if you have symptoms listed in #1, and call COVID Hotline (415.514.7328) for testing and evaluation • Self-monitor for 14 days • If you are UNVACCINATED and asymptomatic, “Travel quarantine” instructions for 10 days (if not testing at day 5-7): Remain in hotel or residence for 10 days, masking and staying 6 feet away from people with whom you did not travel, washing hands frequently, and only going out for essential activities like obtaining food, medical care, or individual outdoor exercise. • Consult with your medical provider as needed or if symptoms worsen</td>
<td><strong>For FULLY VACCINATED employees and students at UCSF,</strong> there is no quarantine or testing requirement. You will symptom monitor for 14 days. If you have immunocompromised medical conditions, consult with your doctor about the timing for return to work. <strong>If UNVACCINATED and required on site sooner than 10 days</strong> after return from travel, you can return to work with testing protocol in place. <strong>If Unvaccinated, not testing and not required on site sooner than 10 days,</strong> complete 10 day travel quarantine. Call COVID Hotline (415.514.7328) if you develop symptoms. In all cases, self-monitor symptoms for 14 days regardless of when you return to work.</td>
</tr>
</tbody>
</table>

UCSF travel guidance found here: https://coronavirus.ucsf.edu/travel#bayarea

UCSF testing page: https://coronavirus.ucsf.edu/testing#travel

Yes: For FULLY VACCINATED employees and students at UCSF. There is no quarantine or testing requirement. You will symptom monitor for 14 days. If you have immunocompromised medical conditions, consult with your doctor about the timing for return to work.

YES: For UNVACCINATED On-Site Workers at any UCSF locations: According to the California Department of Public Health (CDPH), all individuals returning to their California residence from domestic travel outside of California, should undergo a “travel quarantine” for a period of 10 days when not performing essential on-site work.

If your job responsibilities require you to be on-site sooner than 10 days – including, but not limited to, frontline care workers; facilities, transportation, custodial, and administrative staff; environment, health and safety; laboratory animal research center; and police and security personnel – you can return to work after attesting via the daily Health Screen/Screener tool, that you are asymptomatic, and you will complete two COVID-19 tests.

- The first must be completed on Day 1, which is the day you return to on-site work at UCSF.
- The second must be completed on Day 5 to 7 after your first day back to work.
- Outside of work, follow post-travel (home) quarantine guidance for a total of 7 days and self-monitor for symptoms for a total of 14 days.

For Researchers and Remote Workers who are UNVACCINATED and are Periodically at any UCSF locations:

In accordance with state and local public health advisories, UCSF research personnel (e.g. faculty researchers, postdocs, research laboratory technicians and assistants) who work on site, as well as employees

Direct questions about the process to the COVID-19 Hotline at 415-514-7328 or Occupational Health COVID Response Team at 415-476-8000
who work remotely but sometimes work on site, should follow one of the following two options before resuming any on-site activities after returning from travel. Please be aware that local public health authorities may enact quarantine and testing orders in addition to what UCSF requires.

- **Option A (for those required to be on site):** return to work after attesting via the daily Health Screen/Screener tool that you are asymptomatic and that you will complete two COVID-19 tests. *Outside of work, follow post-travel quarantine guidance for a total of 7 days and self monitor symptoms for 14 days.*
  - The first test must be completed no more than three days prior to returning to campus or on Day 1, which is the day you return to on-site work at UCSF.
  - The second must be completed on Day 5 to 7 after your first day back to work.

  *Go to the COVID-19 Testing page to access a test.* If you have returned from travel and have symptoms, or have participated in high-risk activities, please call COVID Hotline (415.514.7328) for further instructions.

- **Option B (for everyone else):** Return on-campus after 7 days of travel quarantine with a negative COVID test on day 5-7 of on-site work, or else follow a 10-day travel quarantine with no test. Those who return to on-campus work with a negative test at Day 5-7 should complete the 7 days of travel quarantine when not at work on-site.

  Go to the COVID-19 Testing page for information on how to access Color self-test kits. If you have returned from travel and have symptoms, have a positive test, or have participated in high-risk activities, please call COVID Hotline (415.514.7328) for further instructions.

*UCSF testing page:*
https://coronavirus.ucsf.edu/testing#travel
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<td><strong>6. In the past 14 days, have you worked at a non-UCSF health care facility and participated in direct care or had close contact with patients diagnosed with COVID-19?</strong></td>
<td><strong>YES</strong>, if you do <strong>not</strong> have any symptoms listed in #1, you may continue to work if you adhere to the following instructions:</td>
<td><strong>YES</strong>, stay at home if you have symptoms in #1</td>
<td>If you returned and had symptoms in #1</td>
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<tr>
<td><strong>Definition:</strong> UCSF Health facilities include 1) Parnassus, Mission Bay/BCH-SF, BCHO, Mt. Zion inpatient hospitals, and 2) all UCSF Health Ambulatory sites (clinics and diagnostic/treatment departments).</td>
<td>• Complete this one-time web-based survey for each non-UCSF work environment (use Chrome or Firefox): <a href="https://ucsf.co1.qualtrics.com/jfe/form/SV_862Clam0319E5NHD">https://ucsf.co1.qualtrics.com/jfe/form/SV_862Clam0319E5NHD</a></td>
<td>• Call COVID Hotline (415.514.7328) for testing and evaluation</td>
<td>• Call COVID Hotline (415.514.7328) for return to work clearance</td>
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<td></td>
<td>• Self-monitor for symptoms twice a day, <strong>including temperature</strong>, using the daily reminder program by texting SYMPTOM to 83973, or by using the symptom monitoring form⁴</td>
<td>• Self-monitor⁵ for 14 days, or longer if you develop symptoms</td>
<td>• Call COVID Hotline (415.514.7328) for testing and evaluation</td>
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<td>• Consult with manager about assigned duties/patient assignment</td>
<td>• Home Isolation instructions⁶</td>
<td>• Consult with your medical provider as needed or if symptom worsens</td>
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<tr>
<td></td>
<td>• Practice meticulous hand hygiene</td>
<td></td>
<td>• Call COVID Hotline (415.514.7328) for return to work clearance</td>
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<td></td>
<td>• If any symptoms listed in #1 arise, immediately cease patient care activities, notify supervisor, go home, and call COVID Hotline (415.514.7328) for further review</td>
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<td>• Guidance about home isolation and testing will be provided by OHS case managers after reviewing your survey responses as it relates to your levels of PPE and COVID exposure. Direct questions to COVID Hotline (415.514.7328).</td>
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<td><strong>If you work in High Risk Area:</strong></td>
<td><strong>YES</strong>, you may continue to work if you do <strong>not</strong> have any symptoms listed in #1, you confirm absence of medium or high-risk COVID-19 exposures with OHS staff, and received OHS clearance.⁷</td>
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<tr>
<td></td>
<td>YES, you may continue to work if you do not have any symptoms listed in #1, you confirm absence of medium or high-risk COVID-19 exposures with OHS staff, and received OHS clearance.⁷</td>
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*Direct questions about the process to the COVID-19 Hotline at 415-514-7328 or Occupational Health COVID Response Team at 415-476-8000*
7. In the past 14 days, have you had unprotected, prolonged close contact\(^4\) with someone with confirmed/diagnosed COVID-19?

**Unprotected\(^4\) includes:**
- HCP not wearing a respirator or facemask
- HCP with mask but not wearing eye protection, if the person with COVID-19 was not wearing a cloth face covering or facemask
- HCP not wearing all recommended PPE while performing aerosol-generating procedure for any time period of exposure

Prolonged, close contact defined as within 6 feet for 15 mins or longer.

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</table>
| **NO ENTRY, UNLESS YOU HAVE AN OHS CLEARANCE EMAIL** | YES, stay at home | • If your exposure happened at home, at work, or in the community, regardless of symptoms, call COVID Hotline (415.514.7328) for assessment and further instructions.  
  • Self-monitor\(^5\) for at least 14 days since exposure  
  • Home Isolation instructions\(^6\) | OHS CLEARANCE EMAIL IS REQUIRED BEFORE RETURNING TO WORK.  
  **Medium Risk Exposures:** You are eligible to return to work immediately following OHS Hotline interview.  
  • call COVID Hotline (415.514.7328) for assessment and instructions  
  • COVID Testing Day 3 and Day 7-9 after last exposure  
  • Continue home quarantine (except travel to / from work) & symptom monitoring for 14-days.  
  • If meeting fully-vaccinated criteria and no immunocompromised condition, then home quarantine not required.  
  **High Risk Exposures:** Conditions for Returning to Work if fully-vaccinated\(^9\) and no immunocompromised condition. You are eligible to return to work immediately following OHS Hotline interview:  
  • Interview with COVID Hotline to confirm documentation of vaccination status and medical history. |

Direct questions about the process to the COVID-19 Hotline at 415-514-7328 or Occupational Health COVID Response Team at 415-476-8000
• If you live in same household as COVID positive contact, last day of exposure and clearance must be completed with OHS staff.
• COVID Tests on Day 3 and Day 7-9 after initial exposure
• If continuous COVID exposure (e.g. household contact) then additional testing might be necessary; OHS will determine.
• No more testing 10 days after last day of exposure
• Continue home quarantine days 11-14 (except travel to/from work) & symptom monitoring for full 14-days after last day of exposure
• If you develop symptoms, immediately cease patient care activities, notify supervisor, go home, and call COVID Hotline (415.514.7328) for further review
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<td>8. Do you live with someone who is waiting for COVID test results* due to COVID type symptoms?</td>
<td>NO ENTRY, UNLESS YOU HAVE AN OHS CLEARANCE EMAIL</td>
<td>If you are fully vaccinated, call COVID Hotline for RTW clearance (415.514.7328)</td>
<td>If household member’s result returns NEGATIVE for COVID-19, you may return to work.</td>
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<td>If you are not fully vaccinated stay home until household member receives negative result</td>
<td>If household member’s result returns POSITIVE for COVID-19, Call COVID Hotline (415.514.7328) for assessment and further instructions. See further details under #7 above.</td>
</tr>
<tr>
<td>*If household member has COVID compatible symptoms and does not test for COVID, call COVID hotline (415.514.7328) for further instructions.</td>
<td></td>
<td>• Call COVID Hotline (415.514.7328) for assessment and further instructions.</td>
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<tr>
<td></td>
<td></td>
<td>• Continue to self-observe your symptoms. If you become symptomatic, Call COVID Hotline (415.514.7328)</td>
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<td></td>
<td></td>
<td>• Home Isolation instructions⁶</td>
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| **9. Have you been diagnosed with COVID-19 infection in the past 20 days?** | **NO**, you may not return to work until you have received an OHS clearance email. | **YES**, stay at home and inform your manager that you will not be going to work:  
- Call COVID Hotline (415-514-7328) to report your COVID positive illness and receive follow up instructions.  
- If the COVID-confirmed exposure occurred in your household or at work, please call:  
  - UCSF Employees: Call OHS COVID Hotline (415.514.7328) to report your COVID-positive illness and receive follow-up instructions.  
  - Students call SHCS at 415-476-8736  
  - BCH Oakland Enterprise Health at 510-428-3620  
  - Self-monitor⁵  
  - Home Isolation instructions⁶  
  - Limit travel outside of the home  
  - Consult with your medical provider as needed or if symptom worsens  
  - Call COVID Hotline (415.514.7328) for return to work clearance | **OHS CLEARANCE EMAIL IS REQUIRED BEFORE RETURNING TO WORK.**  
Except for rare situations, repeat COVID-19 testing prior to Return to Work is NOT recommended by CDC & SFDPH.  
**1. Asymptomatic or Mild-Moderate Illness⁷a**  
- Return to work after **10 days** since positive test (if asymptomatic) or since first day of symptoms, if the following criteria are met:  
  - At least 24 hours have passed since last fever without the use of fever-reducing medications (e.g., acetaminophen, ibuprofen, aspirin); AND 48 hours have passed since last episode of diarrhea, AND  
  - Symptoms are improving, AND  
  - No concurrent immunocompromising conditions (see #3 below)  
**2. Severe or Critical Illness⁷b**  
- Return to work after **20 days** since first day of symptoms, if the following criteria are met:  
  - At least 24 hours have passed since last fever without the use of fever-reducing medications (e.g., acetaminophen, ibuprofen, aspirin); AND 48 hours have passed since last episode of diarrhea, AND  
  - Symptoms are improving  
**3. Immunocompromising Conditions⁷c**  
- Return to work clearance provided after 20 days since symptom onset, or as indicated by your primary health provider. Examples of immunocompromising conditions are listed below⁷c.  
- If you have an immunocompromising condition or are being treated with biologics, please obtain written confirmation from a medical provider and be prepared to share that with OHS. |
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1. **UCSF High Risk Units or Areas**
   - Mission Bay: C3 ICN, C6 BMT, C6 Heme/Onc, and the Birth Center
   - Parnassus: Units 11L and 12L
   - Employees/Providers with symptoms or high risk exposures cannot work in designated High Risk Areas.
   - Employees/Providers with duties across units/areas should arrange patient assignment/duties with their supervisor/attending physician to minimize direct contact with high risk populations.
   - **High Risk Populations:** defined as immunocompromised patients (Solid organ transplant (SOT), SOT listed, SOT evaluation in process, primary immunodeficiency, and receiving immunosuppressants including chronic high-dose steroids, chemotherapy, biologics)


3. **Improper Personal Protective Equipment (PPE):** Final determination of whether PPE was appropriate for exposure is made by OHS and Hospital Epidemiology and Infection Control. With respect to PPE for procedures, appropriate PPE for non-aerosol generating procedures (AGP) includes a surgical mask, eye shield/protection, gown and gloves. If AGP, then appropriate PPE additionally requires N95 (not surgical mask) or PAPR. For more information about the transition to including surgical masks as PPE, visit this UCSF webpage. Exposure categories:

<table>
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<tr>
<th>PPE WORN BY PERSON EXPOSED TO COVID-19</th>
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<tr>
<td><strong>PPE WORN BY PERSON WITH COVID-19</strong></td>
</tr>
<tr>
<td>Unmasked</td>
</tr>
<tr>
<td>High Risk Exposure&lt;sup&gt;9&lt;/sup&gt;</td>
</tr>
<tr>
<td>(Minimum 14-day quarantine&lt;sup&gt;*&lt;/sup&gt; and testing, symptom monitoring at home except travel to/from work (Days 11-14))</td>
</tr>
<tr>
<td>Medium Risk Exposure&lt;sup&gt;9&lt;/sup&gt;</td>
</tr>
<tr>
<td>(14-day quarantine at home except travel to/from work immediately, testing and symptom monitoring)</td>
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<tr>
<td>Low Risk Exposure</td>
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<tr>
<td>(Get tested, continue to work and monitor symptoms)</td>
</tr>
<tr>
<td>Face mask with or without eye protection</td>
</tr>
<tr>
<td>Medium Risk Exposure&lt;sup&gt;9&lt;/sup&gt;</td>
</tr>
<tr>
<td>(14-day quarantine at home except travel to/from work immediately, testing and symptom monitoring)</td>
</tr>
<tr>
<td>Low Risk Exposure</td>
</tr>
<tr>
<td>(Get tested, continue to work and monitor symptoms)</td>
</tr>
<tr>
<td>Low Risk Exposure</td>
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<tr>
<td>(Get tested, continue to work and monitor symptoms)</td>
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<tr>
<td>Aerosol Generating Procedures or Events:</td>
</tr>
<tr>
<td>Get tested, quarantine at home for 14 days, and monitor symptoms twice a day, including temperature. It is similar to high risk exposures, but the contact duration may have been shorter than 15 minutes</td>
</tr>
<tr>
<td>Fully Vaccinated&lt;sup&gt;9&lt;/sup&gt;</td>
</tr>
<tr>
<td>Call COVID hotline (415.514.7328) for testing and return to work guidance</td>
</tr>
</tbody>
</table>

<sup>*</sup>For household contacts of persons with COVID, total days in quarantine and return to work will vary depending on degree of separation and isolation from household case.

4. **Coronavirus Symptom Self-Monitoring:**
   - To complete digitally, text SYMPTOM to 83973. Manual monitoring form can be found here on UCSF Occupational Health website.

Mild Illness: Individuals who have any of the various signs and symptoms of COVID 19 (e.g., fever, cough, sore throat, malaise, headache, muscle pain) without shortness of breath, dyspnea, or abnormal chest imaging. Moderate: Individuals who have evidence of lower respiratory disease by clinical assessment or imaging and a saturation of oxygen (SpO2) ≥94% on room air at sea level.

Severe Illness: Anyone requiring hospitalization or supplemental O2. Critical Illness: Individuals who have respiratory failure, septic shock, and/or multiple organ dysfunction.

Immunocompromising conditions may include (adapted from CDC guidance):

1. Receiving current chemotherapy for malignancy
2. Having a hematologic malignancy that may be suppressing the immune system
3. Untreated HIV infection and CD4 T lymphocyte count < 200
4. Primary severe immunodeficiency disorder
5. Solid organ or hematopoietic stem cell (bone marrow) transplant recipient
6. Receipt of prednisone 20 mg/day or the equivalent for more than 14 days, or treatment with other high-risk immunosuppressive medications
7. The determination of whether persons with these conditions should return to work at 10 vs. 20 days should be made by the person’s health care provider.

Essential Health Care Workers: Adapted from CDC website: https://www.cdc.gov/infectioncontrol/guidelines/healthcare-personnel/appendix/terminology.html
Essential Health Care Workers include all persons serving in healthcare settings whose function supports care delivery to patients. These may include, but are not limited to, emergency medical service personnel, nurses, nursing assistants, physicians, technicians, therapists, phlebotomists, pharmacists, GME, and contractual staff not employed by the health care facility, and persons (e.g., clerical, dietary, environmental services, laundry, security, maintenance, engineering and facilities management, clinical administrative staff, billing) not directly involved in patient care but potentially exposed to infectious agents that can be transmitted among health care workers and patients.

Fully-vaccinated individuals defined as > 2 weeks since 2nd dose in 2-dose series (or 1st dose if single dose vaccine). Individuals who received a vaccine which does not have an FDA EUA, those who received a clinical (research) trial vaccine, or individuals with high risk exposures who are immunocompromised, will require an interview by the Occupational Health COVID Response team to discuss immunity.

Direct questions about the process to the COVID-19 Hotline at 415-514-7328 or Occupational Health COVID Response Team at 415-476-8000