Frequently Asked Questions Regarding COVID-19 and Employee Health

If I am scheduled to work in the hospital and am in intimate contact with someone at home who has new active respiratory symptoms (cough, breathing difficulty, rhinorrhea), what should I do?

M Health Fairview guidelines are:

EXPOSURE to a symptomatic person and no COVID-19 test was completed:

1. You may continue to work
2. Check your temperature two times per day.

If you become symptomatic (cough, shortness of breath or temp > 100.0) then you should

1. Contact EOHS
2. Self-quarantine until:
   At least 7 days have passed since symptoms first appeared AND At least 3 days (72 hours) have passed since recovery, defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath)

If I am scheduled to work in the hospital and I am in intimate contact with someone at home who has been asked to self-quarantine because they have been in contact with a person who tested positive for COVID 19, must I also self-quarantine?

Contacts of Asymptomatic People Exposed to COVID-19

The CDC does not recommend testing, symptom monitoring or special management for people exposed to asymptomatic people with potential exposures to SARS-CoV-2 (such as in a household), i.e., “contacts of contacts;” these people are not considered exposed to SARS-CoV-2.

If I am scheduled to work in the hospital and I develop a new onset cough, breathing difficulty, rhinorrhea and/or fever, what should I do?
You should stay home and not come back to work. In accordance to CDC guidelines, individuals who are experiencing symptoms – including fever or cough - should self-quarantine for a minimum of 7 days after illness onset, or 72 hours after resolution of fever (without taking fever-reducing medications), and improvement of respiratory symptoms, whichever is longer.

**If I recently had symptoms consistent with COVID 19, what should I do?**

You should stay on home quarantine and seek COVID-19 testing if you become progressively ill. Per M Health Fairview guidelines you should know when you need to contact Employee Occupational Health and Safety (EOHS). To ensure that you, and others, stay healthy, employees must contact the EOHS site nurse if you have symptoms, been diagnosed, or been in contact with someone who has COVID-19. Per our usual policy, stay home when you’re sick and avoid contact with sick persons outside work.