

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.