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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**:
  - 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

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[1] 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)

POST-INTERNATIONAL TRAVEL REQUIREMENT	UNVACCINATED[2] HCP	FULLY VACCINATED[1] HCP	HCP RECOVERED FROM COVID-19 WITHIN 3 MONTHS[4]
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.	☑ Required	☑ Required	☑ Required
Quarantine x 7 days (Day 0 is day of return to U.S.) Return to work on day 8 if remain asymptomatic and test negative for SARS-CoV-2 3-5 days after return to U.S.	☑ Required	Not required	Not required
Testing[3] (SARS-CoV-2 PCR) on Day 3-5 AFTER[4] arrival in U.S. (Day 0 is day of return to U.S.)	☑ Required	☑ Not required but available	Not required

[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 $\leq$ 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 CRITERIA[1] for HCP (both vaccinated and unvaccinated) following Community and Health Care Exposures

	EXPOSURE CRITERIA[1]	PROCESS
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 **Aerosol-Generating Procedure performed:** • HCP NOT wearing both N95 respirator AND eye protection *for any length of time.*	• **Contact IP&C** to report any potential health care (occupational) exposure for further investigation

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[1] 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[1]

POST-EXPOSURE REQUIREMENT	UNVACCINATED[3] HCP	FULLY VACCINATED[2] HCP	HCP RECOVERED FROM PRIOR COVID-19 INFECTION WITHIN 3 MONTHS
Quarantine x 10 days (Day 0 is day of last exposure) Return to work on day 11 if remain asymptomatic	☑ Required	Not required	Not required
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	☑ Not required but recommended[4]	☑ Not required but recommended[5]	Not recommended

[1] See **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**.

[2] 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.

[3] Unvaccinated = anyone not meeting criteria for Fully Vaccinated.

[4] For 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.

[5] For 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**

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