

## COVID Related Staff Shortages – Guidelines for Returning to Work after COVID Exposure or Infection

### Note:

- For fully vaccinated status of 6 months or greater (2 months or greater for J&J vaccine), risk of acquiring or disseminating COVID-19 approaches the risk of unvaccinated individuals. Therefore, full vaccination is only relevant if within 6 months of the vaccination (or 2 months for J&J vaccine).
- Booster dose ensures increased protection from COVID and decreases risk of infection or of severe disease or transmission when infected.
- Stay home if sick, or immediately notify your supervisor if sick while at work. Call supervisor for instructions.
- Wear surgical masks (or N95) (and face shield/eye goggles when working directly with patients), and always maintain social distance and frequent hand hygiene.

[Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2 | CDC](#)

- **COVID Exposed staff**

If **fully vaccinated and boosted** - staff may return to work without quarantine. Get tested twice, on day 2 and again anytime from days 5-7.

If vaccinated but **not** boosted, or unvaccinated

- quarantine for 10 full days; **OR**
- 7 full days with a negative test on days 5-7.

If **staffing is in crisis** and these guidelines are no longer adequate, please contact DMHAS medical director for crisis management of COVID exposed staff, vaccinated or not.

- **COVID infected (positive) staff - boosted, vaccinated or unvaccinated**

- Isolate for 10 full days and return on day 11; or
- Isolate for 7 full days, get tested on day 5-7 and return on day 8 if test is negative.
- Only return if asymptomatic or having mild and resolving symptoms, including no fever for the preceding 24 hours without fever reducing medications.

Please call DMHAS Medical Director for consultation for any and all patient and staff exposures and positives.