

Return-to-Work Guidance Overview

Care Team Members With COVID-19 Symptoms Or Those Who Have Tested Positive Or Been Exposed To COVID

UPDATED MAY 1, 2023

SYMPTOMATIC



If you have experienced any of the following symptoms in the last 48 hours that are new or different from your baseline:

- Fever of 100.0° F or greater
- Chills
- New Cough
- Shortness of Breath
- Sore Throat
- Runny Nose

Please complete a home antigen COVID-19 test.

If your COVID test is negative, you may return to work when:

- You have been at least 24 hours fever free without the use of fever reducing medications
- It has been at least 24 hours since your last episode of vomiting or diarrhea.
- Your other symptoms are improving
- You feel well enough to return to work
- Your symptoms are consistent with the [MaineHealth Healthcare Worker Infectious Disease Policy](#)

If you test negative but your symptoms persist or worsen, please repeat testing 48 hours later.

POSITIVE COVID-19 TEST



Please complete an intake form at [this link](#).

If you test positive for COVID-19 you will remain out of work and isolate until you meet the following criteria:

- At least 5 days* have passed since your symptom onset OR the date of your test if tested asymptotically
- You have been at least 24 hours fever free without the use of fever reducing medications
- It has been at least 24 hours since your last episode of vomiting or diarrhea
- Your other symptoms are improving
- You feel well enough to return to work
- All of your symptoms are consistent with the [MaineHealth Healthcare Worker Infectious Disease Policy](#)

* **Isolation:** To count out your isolation period, use the day your symptoms started (or the day of your positive test if you don't have symptoms) as day 0.

You will use PTO or choose to go unpaid for any time out of work due to your COVID-19 diagnosis.

EXPOSED TO COVID-19



If you have a high risk* exposure to COVID-19 in your household, in the community, or at work please:

- Closely monitor for symptoms. If you develop symptoms, follow the “Symptomatic” guidance
- Be diligent with masking, hand hygiene, and physical distancing in the workplace

* High risk: exposure to someone infectious with COVID-19 within 6 feet for greater than 15 minutes in a 24 hour period without appropriate PPE.

As long as you remain asymptomatic you are cleared to work.

Guidance presented in this overview does not cover every scenario. For further guidance, please contact Employee Health at 207-661-3750.

MaineHealth