

MaineHealth

Testing Positive for COVID-19

Guidance for MaineHealth Care Team Members

If you test positive for COVID-19 please follow these guidelines during your isolation period to determine your return to work timeline.

After a positive COVID-19 test result:

- Report your positive result to Employee Health by filling out an intake form at: vaccine.mainehealth.org/pcr
- If you will miss any work shifts, use your normal call out procedure. While you are in isolation any missed previously scheduled shifts are paid with PTO or you may choose to go unpaid.
- Isolate at home. You should not be going out into the community during your isolation period per the CDC.
- Seek medical attention from your primary care physician (PCP) or another healthcare provider if you have questions about your symptoms.

How to determine your isolation period:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Symptoms start. Tests positive. DAY 0
6 🏠 DAY 1	7 🏠 DAY 2	8 🏠 DAY 3	9 🏠 DAY 4	10 🏠 DAY 5	11 🚪 DAY 6	12 DAY 7

(Adapted from <https://www.phila.gov/media/20201119161650/Quarantine-Visual-Aid-.pdf>)

- All care team members must isolate for *at least* 5 days after onset of symptoms (or after date of positive test if you were PCR tested asymptotically). If you are immunocompromised, please contact Employee Health Services or your healthcare provider to further review your individual clearance guidance.

MaineHealth

- 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.
- The earliest you may leave your isolation and return to work is on day 6 as long as you have been fever free for 24 hours without fever reducing medications, free of vomiting/diarrhea for 24 hours, and your other symptoms are improving. The below table provides information from the MaineHealth Healthcare Worker Infectious Disease Policy about symptoms that would require you to remain out of work.
- Be sure to stay in close communication with your supervisor about your expected timeframe for return to work.
- Per MaineHealth Masking Guidance and the CDC, care team members returning to work after 5 days of isolation should wear a NIOSH-approved N95 respirator (if available) or other wellfitting mask through day 10 after diagnosis. Please speak with your manager if you need assistance obtaining an appropriate mask.
- As per previous emails, MaineHealth's Employee Health is no longer conducting routine contact tracing. This means that when an employee tests positive, Employee Health is not routinely notifying that employee's work place close contacts.

Work restrictions for symptoms post day 5:

Symptom	Work Restrictions	Duration
Fever of 100°F (37.8°C) or higher	Out of work	Until 24 hours after fever is gone without the use of fever-reducing medications (Acetaminophen, ibuprofen, any cold or cough medicine containing Acetaminophen or Ibuprofen)
Gastrointestinal illness (Diarrhea, Nausea, vomiting)	Out of work	Exclude from work until 24 hours after symptoms resolve.
Excessive or uncontrolled cough	Out of work until cough is controlled	If cough lingers for more than 1 week please see your PCP

Reference: MaineHealth Healthcare Worker Infectious Disease Policy