

## Healthcare Worker Guidance for Quarantining – FAQs

### 1. Why is quarantine important?

- a. Quarantine is used to keep someone with a possible exposure to COVID-19 away from others to decrease the risk of spread. A person can spread the disease before they feel sick or have symptoms. Since you have been in close contact with someone who has COVID-19, it is especially important for you to quarantine.
- b. Duke University also requires people who are returning from international travel to quarantine. Employee Occupational Health and Wellness (EOHW) will help you determine if you need to quarantine.

### 2. How do I quarantine?

- a. Stay home – do not go to work, school, or other public places such as a grocery store.
- b. You should leave your home ONLY if you need to seek medical care.
- c. Do not allow visitors into your home.
- d. **SEPARATE YOURSELF** from others in your home:
  - i. Stay in a specific room away from other household members.
  - ii. If possible, use a separate bathroom from other household members.
  - iii. If you need to leave your quarantine room, practice social distancing and wear a mask/face covering in your home to protect other members. Other household members should also wear a mask.
  - iv. Do not prepare or serve food for other household members.
  - v. Promptly clean and disinfect common surfaces you touch– countertops, doorknobs, bathroom fixtures, etc.
  - vi. Wash your hands often, especially after coughing, sneezing, or blowing your nose.

### 3. What is considered “close contact?”

- a. This is defined as being exposed to a COVID positive person while they were infectious. A COVID positive person is infectious from 48 hours *prior* to symptom onset through at least 10 days after symptom onset. Close contact is being within 6 feet for more than 15 minutes. Living in the same home as COVID positive person is especially high risk. Wearing a surgical mask or cloth face covering lowers exposure risk.

### 4. Do I need to quarantine while I’m awaiting COVID-19 test results? What if I’m asymptomatic?

- a. If you are being tested because you have symptoms, then you should quarantine until you receive your negative test result and communication from EOHW that you may return to work. If the test is positive, you should continue isolating from all others and contact your doctor and EOHW for further instructions.
- b. EOHW does not typically recommend testing team members who are asymptomatic. However, if testing is recommended in certain circumstances, EOHW will give advice whether you should continue working or quarantine.

**5. If I am instructed to quarantine by EOHW (due to personal COVID-19 confirmation or that of a close household contact), will I need to use my PTO while I'm out of the workplace?**

- a. Team members who are unable to work because they have been instructed by EOHW to stay home due to COVID-19 exposure or illness will continue to be paid their base rate of pay without using PTO.

**6. If I am confirmed to have COVID-19, how long do I need to stay out of work if I am symptomatic? What if I'm asymptomatic?**

- a. Team members with mild to moderate illness who are not severely immunocompromised should not return to work until:
  - i. At least 10 days have passed *since symptoms first appeared* **and**
  - ii. At least 24 hours have passed *since last fever* without the use of fever-reducing medications **and**
  - iii. Symptoms (for example, cough, shortness of breath, diarrhea) have improved
- b. Team members with severe to critical illness or who are severely immunocompromised should not return to work until:
  - i. At least 20 days have passed *since symptoms first appeared* **and**
  - ii. At least 24 hours have passed *since last fever* without the use of fever-reducing medications **and**
  - iii. Symptoms (for example, cough, shortness of breath, diarrhea) have improved
- c. Team members who are asymptomatic and test positive should not return to work until:
  - i. 10 days (or 20 days if severely immunocompromised) have passed since the date of their first positive COVID-19 test assuming they have not subsequently developed symptoms. If they develop symptoms, then the criteria for symptomatic HCPs should be used.

## Guidance for Healthcare Workers Living in Same Household with Someone Suspected of or Confirmed to have COVID-19 – FAQs

1. **Do I need to quarantine if I am living in the same household as someone getting tested for COVID-19? What if the person in my household has symptoms?**
  - a. Asymptomatic healthcare workers may continue to report to work while a household contact is awaiting results as long as the healthcare worker does not develop any symptoms.
  
2. **I live in the same household as someone confirmed to have COVID-19. How long do I need to quarantine?**
  - a. You need to stay in quarantine for **14 days** from the date **you last had close contact** with the COVID-19 positive person during their infectious period. Thus, separation of yourself from any infected household member is especially important because continued exposure to an infected household member will extend your time in quarantine.
  
3. **What is the infectious window period for my household contact?**
  - a. *If the household contact is asymptomatic:*
    - i. The start date of the infectious period is two days prior to taking the test that came back positive.
    - ii. The end date of the infectious period is 10 days following the collection of the positive test.
  - b. *If the household contact is symptomatic:*
    - i. The start date of the infectious period is two days prior to the first day of experiencing symptoms.
    - ii. The end date of the infectious period is 10 days following the contact's symptom onset or longer if the contact has persistent fever or lack of improvement in other symptoms.
  
4. **What is the expected duration of my quarantine if my household contact *does not have* any severe immunocompromising conditions and I cannot isolate from them? Does this change if the household contact is asymptomatic or experiencing symptoms?**
  - a. The expected duration of quarantine would be 24 days from onset of symptoms of household contact. 10 days for the contact to become non-infectious (presuming fever resolves and symptoms improve) and 14 days quarantine after that.
  
5. **What is the expected duration of my quarantine if my household contact *has* severe immunocompromising conditions and I cannot isolate from them? Does this change if the household contact is asymptomatic or experiencing symptoms?**

- a. The expected duration of quarantine could be 34 days from onset of symptoms of household contact. 20 days for the contact to become non-infectious (presuming fever resolves and symptoms improve) and 14 days quarantine after that. Contact EOHW under these special circumstances.

**6. What if my household contact is truly asymptomatic? Do I still have to stay home even though asymptomatic people have lower rates of transmission?**

- a. Yes, you must stay home and quarantine. See above for the description of how many days you must stay home depending on when your last close contact was with the person confirmed with COVID-19.

**7. What symptoms should I monitor while in quarantine?**

- a. Monitor twice a day for symptoms, including: fever (temperature >100.0), sore throat, runny nose, cough, shortness of breath, chest pain, loss of smell or taste, fatigue, headache, muscle aches, nausea/vomiting, or diarrhea. You should use the EOHW monitoring system to monitor symptoms.

*If you develop symptoms while in quarantine, please contact the Duke Health COVID-19 Hotline: 919-385-0429, option 1 (8:00 am to 8:00 pm, seven days a week). For urgent concerns after hours, contact EOHW via the Blood and Body Fluid Exposure Emergency Hotline, 919-684-8115.*

**See below for calendar examples for household contacts confirmed to have COVID-19.**

### Calendar Example 1: Household Contact is Asymptomatic

Person A & B Live together. Person A receives a positive test result on Thursday and immediately self-quarantines. If last close contact with Person A was on Thursday, Person B may return to work 14 days later. If they cannot isolate from Person A, Person B may return to work 24/34 days after Person A receives a positive COVID-19 test result, depending on severe immunocompromising conditions of Person A (see question above).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Start of Person A's infectious period	2	3 Person A takes a COVID-19 test	4	5 Person A receives positive COVID-19 test, has last contact with person B & self-quarantines.	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Person B may return to work	21

### Calendar Example 2: Household Contact is Symptomatic

Person A and Person B live together. Person B is a Duke Health employee. Person A develops symptoms on Tuesday and immediately self-quarantines. If the last close contact with Person A was Tuesday, Person B may return to work 14 days later. If they cannot isolate from Person A, the quarantine could last up to 24/34 days, depending on severe immunocompromising conditions of the household contact (see questions above).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Start of Person A's infectious period	2	3 Person A first develops symptoms, has last contact with person B & self-quarantines.	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18 Person B may return to work	19	20	21