# RESPIRATORY VIRAL ILLNESS

including COVID-19

STAY AT HOME - RETURN TO WORK

GUIDELINES FOR STAFF*

*Staff includes SCCA employees, affiliates, temporary workers, trainees, volunteers, students, observers and vendors

## RESPIRATORY SYMPTOMS

### (COVID-19 Unknown)

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>WHEN SHOULD I STAY HOME?</th>
<th>WHEN CAN I RETURN TO WORK?</th>
</tr>
</thead>
</table>
| • Fever (38°C/100.4°F)  
• Cough  
• Sore throat  
• Shortness of breath/difficulty breathing  
• Myalgia (body aches)  
• Abdominal pain  
• Vomiting  
• Diarrhea  
• Postnasal drip  
• Runny nose  
• Sinus congestion/stuffy nose  
• Sneezing  
• Sputum production  
• Watery eyes | STAY HOME if have one or more symptoms  
Fill out the online survey and Employee Health will contact you if it is determined that you need to be tested. | At least 7 days after illness onset and at least 72 hours without symptoms (without the use cough suppressants or fever-reducing medication [e.g. Tylenol/Ibuprofen]), whichever is longer. [3]  
**AND**  
• All symptoms are completely resolved*  
• Exclude from direct patient-facing care activities until 14 days after onset of symptoms [3]  
*If you experience persistent symptoms at 7 days, you can return to work only after negative results for COVID-19 |

### (TESTED - COVID-19 NEGATIVE)

<table>
<thead>
<tr>
<th>ANY OF THE ABOVE SYMPTOMS</th>
<th>WHEN SHOULD I STAY HOME?</th>
<th>WHEN CAN I RETURN TO WORK?</th>
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</table>
| Any of the above symptoms | STAY HOME if have one or more symptoms | • Symptoms have significantly improved, and you have no active fever for 24 hours  
**AND**  
• Coughing, sneezing, nose blowing is infrequent, controllable, and does not interrupt patient care or work [1,2]  
**AND**  
• A minimum of 24 hours after onset of symptoms [3] |
# RESPIRATORY VIRAL ILLNESS  
**including COVID-19**  
**STAY AT HOME - RETURN TO WORK**  
**GUIDELINES FOR STAFF**

*Staff includes SCCA employees, affiliates, temporary workers, trainees, volunteers, students, observers and vendors*

<table>
<thead>
<tr>
<th>COVID-19 SYMPTOMS (TESTED - COVID-19 POSITIVE)</th>
<th>Any of the above symptoms</th>
<th><strong>STAY HOME if have one or more symptoms</strong></th>
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<td>• At least 7 days after illness onset and at least 72 hours without symptoms (without the use cough suppressants or fever-reducing medication [e.g. Tylenol/Ibuprofen]), whichever is longer. [3]</td>
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<td><em>If you experience persistent symptoms at 7 days, and tested positive for COVID-19, you can discontinue isolation and return to work only after negative results for COVID-19 from at least two consecutive tests collected ≥24 hours apart</em></td>
</tr>
</tbody>
</table>

**FOOTNOTES**

1) **Staff are not allowed to wear masks** when symptomatic. If a staff member requires a mask to control respiratory secretions, they should refrain from working until symptoms are well-controlled.

2) Assumes the individual has **not** taken fever-reducing medication (e.g. Tylenol, Motrin, Aspirin); note that some over counter cold medications contain these medications as well.

3) For the purposes of counting the days, the onset of symptoms happens on Day 0. Day 1 begins the next calendar day (e.g., Symptoms begin on Sunday; Sunday is day zero; Monday is day one; and Friday is day five).

Questions about the process should be directed to Employee Health at 206-606-2500 or email safety@seattlecca.org
Or page Infection Prevention at 206-559-1059 or email at ip@seattlcca.org

We care about the health and safety of you and of our patients and visitors. We all need to work together to minimize the risk of spreading respiratory viruses at SCCA. **Do not come to work if you are sick.** If you are unsure if you should come to work, consult with your manager, Occupational Health, or Infection Prevention.

In addition to the risk of infecting other staff, it’s important to keep in mind that respiratory virus infections are a cause of significant morbidity and mortality among patients undergoing cancer care - even **very minimal symptoms can pose high risk for many SCCA patients.**