

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

	SYMPTOMS	WHEN SHOULD I STAY HOME?	WHEN CAN I RETURN TO WORK?
RESPIRATORY SYMPTOMS (COVID-19 Unknown/ Pending Test)	<ul style="list-style-type: none"> • Fever (38°C/100.4°F) • Chills • Cough • Sore throat • Shortness of breath/difficulty breathing • Myalgia (body aches) • Fatigue or malaise • Headache • Abdominal pain • Vomiting/nausea • Diarrhea • Loss of smell or taste • Runny nose/postnasal drip • Sinus congestion/stuffy nose • Sneezing • Sputum production • Watery eyes 	<p>STAY HOME if you have one or more symptoms</p> <p>Fill out the online survey and Employee Health will contact you regarding testing.</p> <p>Staff with chronic conditions (e.g. asthma) and symptoms should stay home and fill out the online survey.</p>	<p>Testing is recommended if available. If no testing is performed:</p> <ul style="list-style-type: none"> • At least 10 days after illness onset and at least 24 hours without symptoms (without the use cough suppressants or fever-reducing medication [e.g. Tylenol/Ibuprofen]), whichever is longer. [2] <p style="text-align: center;"><u>AND</u></p> <ul style="list-style-type: none"> • Significant improvement of symptoms <p>If you have a pending test result STAY HOME and then follow return to work guidance below based on test results</p>
RESPIRATORY SYMPTOMS (TESTED - COVID-19 NEGATIVE)	Any of the above symptoms	<p>STAY HOME if you have one or more symptoms</p> <p>Staff with chronic conditions (e.g. asthma) and negative result may return to work as noted on the right. If new or worsening symptoms present, stay home and re-test.</p>	<ul style="list-style-type: none"> • Symptoms have significantly improved, and you have had no fever for 24 hours (without the use of fever-reducing medication) <p style="text-align: center;"><u>AND</u></p> <ul style="list-style-type: none"> • Coughing, sneezing, nose blowing is infrequent, controllable, and does not interrupt patient care or work (without the use of fever-reducing or cough medication) * <p><i>*Discuss with your manager prior to returning to work</i></p>

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SYMPTOMS	WHEN SHOULD I STAY HOME?	WHEN CAN I RETURN TO WORK?
COVID-19 SYMPTOMS (TESTED - COVID-19 POSITIVE)	Any of the above symptoms	<p>STAY HOME if you have one or more symptoms</p> <p>For staff with mild to moderate illness who are not immunocompromised [3]:</p> <ul style="list-style-type: none"> At least 10 days after illness onset and at least 24 hours without symptoms (without the use cough suppressants or fever-reducing medication [e.g. Tylenol/Ibuprofen]), whichever is longer. [2] <p style="text-align: center;"><u>AND</u></p> <ul style="list-style-type: none"> Significant improvement of symptoms* [1] <p>For staff with severe to critical illness or who are severely immunocompromised [3]:</p> <ul style="list-style-type: none"> At least 20 days after illness onset and at least 24 hours without symptoms (without the use cough suppressants or fever-reducing medication [e.g. Tylenol/Ibuprofen]), whichever is longer. [2] <p style="text-align: center;"><u>AND</u></p> <ul style="list-style-type: none"> Significant improvement of symptoms* [1] <p><i>*If you have tested positive for COVID-19 and are experiencing persistent symptoms at 10 days please contact Employee Health at 206-606-2500 or email safety@seattlecca.org</i></p>

FOOTNOTES

- Repeat testing is not indicated for employees whose symptoms have completely resolved as long as other criteria are met.
- 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).
- Refer to [CDC's Criteria for Return to Work for Healthcare Personnel with SARS-CoV-2 Infection](#) for the definition of mild, moderate, severe and critical illness and for the definition of severely immunocompromised.

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

Do not come to work if you are sick. 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. If you are unsure if you should come to work, consult with your manager, Employee 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.**