In the context of sustained community transmission of COVID-19, all workforce members are at risk for unrecognized exposures. Therefore, all workforce members should self-monitor for symptoms daily prior to reporting to work using the ResponsiBLUE screening check.

If you have urgent questions about work restrictions related to COVID-19 after reviewing this document, please contact Occupational Health Services (OHS) at (734) 764-8021 (available 7 days a week from 7 a.m. - 5 p.m.). For non-urgent matters, please refer to the OHS website or email occupational-health@med.umich.edu.

**Work restrictions for POSITIVE COVID-19 TEST**

**Michigan Medicine workforce members**

Employees with **mild to moderate illness** who are not severely immunocompromised may not report to work until:

- At least 7 days have passed since symptoms first appeared **and**
- At least 24 hours have passed since last fever without the use of fever-reducing medications **and**
- Symptoms have improved (e.g., cough, shortness of breath)
- A negative home antigen test is required to return to work after 7 days. Additional information about home antigen testing for workforce members who have tested positive for COVID-19 can be found [here](#).

Employees with **severe to critical illness** or who are severely immunocompromised may not report to work until:

- At least 20 days have passed since symptoms first appeared
- At least 24 hours have passed since last fever without the use of fever-reducing medications **and**
- Symptoms (e.g., cough, shortness of breath) have improved

Employees who are **not severely immunocompromised** and were **asymptomatic** throughout their infection may return to work when at least 7 days have passed since the date of their first positive viral diagnostic test, as long as they have a negative **home antigen test** at day 7.

**Campus workforce members**

- Isolate for at least 5 days from symptom onset date.
- If asymptomatic or symptoms are noticeably better, can end isolation on day 6.
- Wear a well-fitting mask (medical mask, KN95, or N95) days 6-10 following the isolation period.
- Continue to isolate if symptoms are not improving.

**Important website links**

- [CDC Guidance on Potential Exposure at Work](#)
- [CDC Guidance on Quarantine and Isolation](#)
Symptomatic: Do not report to work until result is available.

Asymptomatic: May continue to work unless work restrictions are in place following an exposure or international travel.

Work restrictions for **BEING TESTED FOR COVID-19**

**RETURN TO WORK**
- Follow guidance based on COVID-19 test result and/or exposure (see below).

Work restrictions for **ILLNESS, DOES NOT MEET CRITERIA FOR COVID-19 TESTING, OR HAS NEGATIVE TEST**

Follow standard work restrictions policy for illness:
- For fever (temperature >100.4F or 38C) and upper respiratory infection (nasal congestion, sore throat, cough)
- OR laboratory-confirmed influenza
- OR influenza-like illness (upper respiratory infection plus chills, headache, or myalgia) with or without fever
- Remain off work until fever and other symptoms have resolved for 24 hours without use of medication

For upper respiratory symptoms without fever or cough:
- You may continue to work but should wear a mask at all times.

*Employees with acute diarrhea should not work in patient care or food handling areas until symptoms resolve.*

**RETURN TO WORK**
- Per standard work restrictions policy for illness.
Employees who are not vaccinated must quarantine for 7 days. A negative home antigen test is required to return to work after 7 days.

High-risk exposure is defined as prolonged (cumulative total of >15 minutes over a 24-hour period) close contact (within 6 feet) while not wearing appropriate personal protective equipment (PPE):

- Not wearing a mask
- Not wearing eye protection if the person with COVID-19 was not wearing any type of mask
- Not wearing eye protection and a respirator while performing an aerosol-generating procedure on a patient with COVID-19 for any duration of time

Exposure window is 2 days prior to symptom onset or COVID-19 test collection date (if asymptomatic or symptom onset is unknown) until 5 days after symptom onset or test collection date (if asymptomatic or symptom onset is unknown).

Work Restrictions for ALL OTHER EXPOSURES TO INDIVIDUALS WITH CONFIRMED COVID-19

Michigan Medicine workforce members who are not vaccinated must quarantine for 7 days. A negative home antigen test is required to return to work after 7 days.

Campus workforce members should follow updated guidance available at: https://campusblueprint.umich.edu/

High-risk exposure is defined as prolonged (cumulative total of >15 minutes over a 24-hour period) close contact (within 6 feet).

Exposure window is 2 days prior to symptom onset or COVID-19 test collection date (if asymptomatic or symptom onset is unknown) until 5 days after symptom onset or test collection date (if asymptomatic or symptom onset is unknown).
Domestic Travel for unvaccinated employees:
- Get tested 1-3 days before domestic travel and
- Get tested 3-5 days after domestic travel
- 5-day quarantine after domestic travel is encouraged but not required.

International travel for employees:
- Get tested 1-3 days before international travel and
- Get tested 3-5 days after international travel.
- If unvaccinated, remain home for 5 days.

Important website links
- CDC Guidance on Domestic and International Travel
- University of Michigan Guidance on Travel

RETURN TO WORK
- N/A for domestic travel
- 5 days after return from international travel if not fully vaccinated
- Follow guidance based on COVID-19 test result for positive test result