

COVID-19 Airborne Transmissible Disease (ATD) Quick Reference Guide for Healthcare Workers

Initial Testing	Work Status/Restrictions		Monitoring Period	Precautions During Monitoring Period
	Pending Initial Result	Initial Negative Test		
Symptomatic without Known Exposure				
Test Immediately regardless of vaccination/booster status <i>* Either PCR or antigen test may be used. Antigen test preferred if COVID-19 recovered in past 90 days.</i>	Stay home while awaiting initial test results.	Return to work if afebrile and have improving symptoms for 24 hours or refer to PCP for ongoing illness.	Self-monitor for fever and other symptoms of COVID-19 for 10 days from the time they first noticed any signs of illness. If new symptoms develop, re-test and stay home.	Follow routine COVID-19 precautions including use of a well-fitting mask.
Asymptomatic Low-Risk Exposure				
Testing optional regardless of vaccination status	If asymptomatic and prefer to test, remain at work while awaiting initial test results.	Continue working if remain asymptomatic with negative test.	Self-monitor for fever and other symptoms of COVID-19 for 10 days. If symptoms develop, test and stay home.	Follow routine COVID-19 precautions including use of a well-fitting mask.
Asymptomatic High-Risk Exposure				
Test Immediately regardless of vaccination status <i>(Includes persons with previous infection in past 90 days if not fully vaccinated or booster eligible & not boosted)</i> <i>*PCR test preferred unless COVID-19 recovered in past 90 days.</i>	Remain at work while awaiting initial test results.	Continue working if remain asymptomatic with negative test results.	If able to isolate from the COVID+ contact: Test again on day 5-7 Self-monitor for fever and other symptoms of COVID-19 for 10 days. If symptoms develop, test and stay home. If unable to isolate from the COVID+ contact: Test every 3 days for 10 days after the COVID+ contact has completed their isolation. Self-monitor for fever and other symptoms of COVID-19 for 10 days. If symptoms develop, test and stay home.	Wear N95 at all times while at work until 10 day monitoring period complete. When possible, restrict from working around immunocompromised patients, pregnant individuals, or patients who are unable to mask.
Symptomatic High-Risk Exposure				
Test immediately regardless of vaccination status <i>(Includes persons with previous infection in past 90 days if not fully vaccinated or booster eligible & not boosted)</i> <i>* PCR test preferred unless COVID-19 recovered in past 90 days.</i>	Stay home while awaiting initial test results.	Return to work if afebrile and have improving symptoms for 24 hours or refer to PCP for ongoing illness. Continue working if remain asymptomatic with negative test results.	If able to isolate from the COVID+ contact: Test again on day 5-7 Self-monitor for fever and other symptoms of COVID-19 for 10 days. If symptoms develop, test and stay home. If unable to isolate from the COVID+ contact: Test every 3 days for 10 days after the COVID+ contact has completed their isolation. Self-monitor for fever and other symptoms of COVID-19 for 10 days. If symptoms develop, test and stay home.	Wear N95 at all times while at work until 10 day monitoring period complete. When possible, restrict from working around immunocompromised patients, pregnant individuals, or patients who are unable to mask.

Low-Risk Exposure: HCP with exposure risk other than those described as higher-risk below.

High-Risk Exposure: HCP who had prolonged close contact (within 6 feet of an infected person for a total of 15 minutes or more in a 24-hour period) OR had unprotected direct contact with infectious secretions/excretions with a person with confirmed COVID-19 infection and:

- HCP not wearing a **respirator** (or if wearing a facemask, the person with SARS-CoV-2 infection was not wearing a facemask)
- HCP not wearing eye protection if the person with SARS-CoV-2 infection was not wearing a cloth mask or facemask
- HCP not wearing all recommended PPE (i.e., gown, gloves, eye protection, N95) while performing an aerosol-generating procedure

Calculating Date from Exposure: Last date of exposure is considered day 0. Day 1 is the first full day after the last contact with a person who has had COVID-19.

Initial Testing	Work Status/Restrictions		Monitoring Period	Precautions During Monitoring Period
	Pending Initial Result	Initial Negative Test		
Healthcare Workers Returning Domestic Travel				
If <i>fully vaccinated and boosted if eligible or COVID-19 recovered within 90 days</i> , no need to be tested unless symptomatic	If asymptomatic can return to work without testing.	Continue working if remain asymptomatic.	Self-monitor for fever and other symptoms of COVID-19 for 10 days after return from travel. If symptoms develop, test and stay home. Refer to "Symptomatic without Known Exposure" guidelines above.	Follow routine COVID-19 precautions including use of a well-fitting mask. Whenever possible, restrict from working around immunocompromised patients, pregnant individuals, or patients who are unable to mask.
If <i>not fully vaccinated or not boosted if eligible and, have not recovered from COVID-19 within 90 days</i> , test 3-5 days after return from travel	If asymptomatic, remain at work while awaiting test results.	Continue working if remain asymptomatic with negative test.		
Healthcare Workers Returning From International Travel				
Test 3-5 days after return from travel regardless of vaccination status * PCR test preferred unless COVID-19 recovered in past 90 days.	If asymptomatic, remain at work while awaiting test results.	Continue working if remain asymptomatic with negative test result.	Self-monitor for fever and other symptoms of COVID-19 for 10 days after return from travel. If symptoms develop, test and stay home. Refer to "Symptomatic without Known Exposure" guidelines above.	Follow routine COVID-19 precautions including use of a well-fitting mask. Whenever possible, restrict from working around immunocompromised patients, pregnant individuals, or patients who are unable to mask.
COVID-19 Positive Healthcare Workers				
Regardless of vaccination status, history of previous COVID-19 infection or lack of symptoms, employees are considered COVID+ with: 1) A positive PCR test 2) A positive Antigen test when there is a high clinical suspicion of COVID-19 (e.g., symptoms + high-risk exposure)	Regardless of vaccination status restrict from work for 5 days from symptom onset or 5 days from specimen collection if asymptomatic. May return to work after 5 days with a negative antigen test on day 5 AND clinical RTW criteria met: (1) No fever for 24 hours without use of fever reducing medication & (2) Symptoms have improved. If day 5 Antigen test is positive, may test again on day 7 . May return to work after 7 days with a negative antigen test on day 7 AND clinical RTW criteria met. If day 5 & 7 antigen tests are positive OR no antigen testing available OR symptoms remain, restrict from work for 10 days . If symptoms remain at 10 days, obtain work clearance from PCP <i>If moderately to severely immune compromised, restrict from work for 20 days.</i>		Recommend wearing N95 while at work for a total of 10 days. Whenever possible, restrict from working around immunocompromised patients, pregnant individuals, or patients who are unable to mask for 10 days.	

Moderate to Severe Immune Compromising Conditions and Treatments: Does NOT include pregnancy or chronic medical conditions such as diabetes, heart disease, liver disease/failure, well controlled HIV, history of cancer where treatment has been completed, or hormone therapy for cancer treatment/prevention. Conditions and treatments may include but are not limited to:

- 1) Active treatment for solid tumor and hematologic malignancies.
- 2) Receipt of solid-organ or stem cell transplant.
- 3) Moderate or severe primary immunodeficiency (e.g., DiGeorge syndrome, Wiskott-Aldrich syndrome).
- 4) Advanced or untreated HIV infection.
- 5) Active treatment with high-dose corticosteroids (i.e., ≥20 mg prednisone or equivalent per day when administered for ≥2 weeks), alkylating agents, antimetabolites, transplant-related immunosuppressive drugs, cancer chemotherapeutic agents classified, tumor necrosis factor (TNF) blockers, and other biologic agents that are immunosuppressive or immunomodulatory.

Calculating Isolation: Day 0 is the first day of symptoms or a positive viral test if asymptomatic. Day 1 is the first full day after symptoms developed or the positive test specimen was collected.

Fully Vaccinated: Considered fully vaccinated two weeks after second dose in a two-shot series, such as the Pfizer-BioNTech or Moderna vaccines, or two weeks after a single-dose vaccine, such as the J&J/Janssen vaccine.

Booster Eligible:

- 1) Pfizer-BioNTech: It has been at least 5 months since completing primary COVID-19 vaccination series.
- 2) Moderna: It has been at least 5 months since completing primary COVID-19 vaccination series.
- 3) Johnson & Johnson's Janssen: It has been at least 2 months since receiving J&J/Janssen COVID-19 vaccination

Cal/OSHA COVID-19 Emergency Temporary Standards (ETS) Quick Reference Guide for Non-Healthcare Workers

Initial Testing	Quarantine/Isolation	Criteria for Return to Work	Monitoring Period	Precautions During Monitoring Period
Symptomatic without Known Exposure				
<p>Test Immediately regardless of vaccination/booster status</p> <p><i>* Either PCR or antigen test may be used. Antigen test preferred if COVID-19 recovered in past 90 days.</i></p>	Stay home while awaiting initial test results.	Return to work if afebrile and have improving symptoms for 24 hours or refer to PCP for ongoing illness.	Self-monitor for fever and other symptoms of COVID-19 for 10 days from the time they first noticed any signs of illness. If new symptoms develop, re-test and stay home.	Wear a well-fitting mask (ideally a surgical mask or respirator) around others for a total of 10 days, especially in indoor settings.
Known Exposure to COVID-19				
<p>Unvaccinated:</p> <p>Test Immediately</p>	<p>Quarantine:</p> <p>Restrict from work for at least 5 days from last contact with COVID+ person</p>	<p>Must test on day 5</p> <p>If asymptomatic with negative test, may return to work after day 5</p> <p>If unable to test or choosing not to test, and symptoms are not present may return to work after day 10</p>	<p>If able to isolate from COVID+ contact:</p> <p>Self-monitor for fever and other symptoms of COVID-19 for 10 days. If symptoms develop, test immediately and stay home.</p>	<p>Wear a well-fitting mask (ideally a surgical mask or respirator) around others for a total of 10 days, especially in indoor settings.</p>
			<p>If unable to isolate from the COVID+ contact:</p> <p>Test 3x a week for 10 days after COVID+ contact has completed their isolation.</p> <p>If symptoms develop, test immediately and stay home.</p>	
<p>Booster-eligible but not yet boosted:</p> <p>Test Immediately</p>	<p>No Quarantine:</p> <p>Do NOT restrict from work if asymptomatic</p>	<p>Must test on day 3-5</p> <p>No work restrictions if remain asymptomatic with negative test results.</p>	<p>If able to isolate from COVID+ contact:</p> <p>Self-monitor for fever and other symptoms of COVID-19 for 10 days. If symptoms develop, test immediately and stay home.</p>	<p>Wear a well-fitting mask (ideally a surgical mask or respirator) around others for a total of 10 days, especially in indoor settings.</p>
			<p>If unable to isolate from the COVID+ contact:</p> <p>Test every 3 days for 10 days after COVID+ contact has completed their isolation.</p> <p>If symptoms develop, test immediately and stay home.</p>	
<p>Fully vaccinated and boosted, or, vaccinated but not yet booster-eligible</p> <p>-or-</p> <p>COVID-19 recovered within 90 days:</p> <p>Test Immediately</p> <p><i>* PCR test preferred unless COVID-19 recovered in past 90 days.</i></p>	<p>No Quarantine:</p> <p>Do NOT restrict from work if asymptomatic</p>	<p>Must test on day 5</p> <p>No work restrictions if remain asymptomatic with negative test results.</p>	<p>If able to isolate from COVID+ contact:</p> <p>Self-monitor for fever and other symptoms of COVID-19 for 10 days. If symptoms develop, test immediately and stay home.</p>	<p>Wear a well-fitting mask (ideally a surgical mask or respirator) around others for a total of 10 days, especially in indoor settings.</p>
			<p>If unable to isolate from the COVID+ contact:</p> <p>Test every 3 days for 10 days after COVID+ contact has completed their isolation.</p> <p>If symptoms develop, test immediately and stay home.</p>	

Calculating Date from Exposure: Last date of exposure is considered day 0. Day 1 is the first full day after the last contact with a person who has had COVID-19.

Fully Vaccinated: Considered fully vaccinated two weeks after second dose in a two-shot series, such as the Pfizer-BioNTech or Moderna vaccines, or two weeks after a single-dose vaccine, such as the J&J/Janssen vaccine.

Booster Eligible:

- 1) Pfizer-BioNTech & Moderna: It has been at least 5 months since completing primary COVID-19 vaccination series.
- 2) Johnson & Johnson's Janssen: It has been at least 2 months since receiving J&J/Janssen COVID-19 vaccination.

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Initial Testing	Quarantine/Isolation	Criteria for Return to Work	Monitoring Period	Precautions During Monitoring Period
COVID-19 Outbreaks				
<p>If ≥ 3 cases in 14 days immediately test all staff in exposure group</p> <p><i>May exclude those who have recovered from a previous COVID-19 infection in past 90 days</i></p>	<p>No Quarantine:</p> <p>Do NOT restrict from work if asymptomatic</p>	<p>Test again in 1 week</p> <p>No work restrictions if remain asymptomatic with negative test results</p>	<p>Test weekly until the workplace no longer qualifies as an outbreak.</p> <p>If symptoms develop, test immediately and stay home.</p>	<p>Wear a well-fitting mask (ideally a surgical mask or respirator) around others for a total of 10 days, especially in indoor settings.</p>
<p>If ≥ 20 cases in 30 days immediately test all staff in the exposure group</p> <p><i>May exclude those who have recovered from a previous COVID-19 infection in past 90 days</i></p>	<p>No Quarantine:</p> <p>Do NOT restrict from work if asymptomatic</p>	<p>Test again in 1 week</p> <p>No work restrictions if remain asymptomatic with negative test results</p>	<p>Test twice weekly until there are no new cases detected for a 14-day period.</p> <p>If symptoms develop, test immediately and stay home.</p>	
Return From Domestic or International Travel				
<p>Testing NOT required regardless of vaccination/booster status</p>	<p>No Quarantine:</p> <p>Do NOT restrict from work if asymptomatic</p>	<p>Testing not required if remain asymptomatic.</p>	<p>Self-monitor for fever and other symptoms of COVID-19 for 10 days after return from travel.</p> <p>If symptoms develop, test immediately and stay home.</p>	<p>Wear a well-fitting mask (ideally a surgical mask or respirator) around others for a total of 10 days, especially in indoor settings.</p>
COVID-19 Positive Non-Healthcare Worker				
<p>Regardless of vaccination status, history of previous COVID-19 infection or lack of symptoms, employees are considered COVID+ with:</p> <ol style="list-style-type: none"> 1) A positive PCR test 2) A positive Antigen test when there is a high clinical suspicion of COVID-19 (e.g., symptoms + high-risk exposure) 	<p>Isolation:</p> <p>Restrict from work for at least 5 days</p>	<p>Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen collected on day 5 or later tests negative. Antigen test preferred for discontinuation of isolation and return-to-work for COVID-19 illness.</p> <p>If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10.</p> <p>If fever is present, isolation should be continued until fever resolves.</p> <p>If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.</p> <p><i>If moderately to severely immune compromised, restrict from work for 20 days.</i></p>		<p>Wear a well-fitting mask (ideally a surgical mask or respirator) around others for a total of 10 days from when symptoms began (or if asymptomatic 10 days from positive test).</p>

Exposed Group: All employees at a work location, working area, or a common area at work, where an employee COVID-19 case was present at any time during the high-risk exposure period.

Calculating Isolation: Day 0 is the first day of symptoms or a positive viral test if asymptomatic. Day 1 is the first full day after symptoms developed or the positive test specimen was collected.

Moderate to Severe Immune Compromising Conditions and Treatments: Does NOT include pregnancy or chronic medical conditions such as diabetes, heart disease, liver disease/failure, well controlled HIV, history of cancer where treatment has been completed, or hormone therapy for cancer treatment/prevention. Conditions and treatments may include but are not limited to:

- 3) Active treatment for solid tumor and hematologic malignancies.
- 4) Receipt of solid-organ or stem cell transplant.
- 5) Moderate or severe primary immunodeficiency (e.g., DiGeorge syndrome, Wiskott-Aldrich syndrome).
- 6) Advanced or untreated HIV infection.
- 7) Active treatment with high-dose corticosteroids (i.e., ≥ 20 mg prednisone or equivalent per day when administered for ≥ 2 weeks), alkylating agents, antimetabolites, transplant-related immunosuppressive drugs, cancer chemotherapeutic agents classified, tumor necrosis factor (TNF) blockers, and other biologic agents that are immunosuppressive or immunomodulatory.