

COVID-19 Exposure

FAQs

Key Points

- **Symptomatic:** If you are symptomatic stay at home and obtain a COVID-19 test via the self-scheduling website.
- Never second guess mild symptoms (e.g., runny nose, headaches) even if you are vaccinated.
- **Work Exposure:** If you are concerned about an exposure at work and are asymptomatic contact your supervisor.
- **Home/Community Exposure:** If you are concerned about an exposure in your household or in the community contact the Employee Resource Center at 844-54-2147, options 2, Mon-Fri 7a-5p and Sat-Sun, and holidays 8a-12p).
- **COVID-19 Employee Testing:** You may obtain a COVID-19 test order via the self-scheduling website at <https://ocucovidtesting.ynhhs.org/>

What is an Exposure?

An exposure is defined as:

- Close contact (within 6 feet for 15 minutes or more over a 24 hour period) with a COVID-19 positive person without appropriate personal protective equipment (PPE) or involvement in an aerosol generating procedure without appropriate PPE for any amount of time. Refer to the Staff COVID Exposure Risk Table.
- If you have contact with someone who believes they had contact with someone else with COVID-19, you are not at risk. You need to have direct contact with a person who is infected.

What should a supervisor do if their staff is concerned about a workplace exposure?

- Refer to the COVID Exposure Risk Table to determine if exposure criteria is met. This can be found on the COVID resource site in the Operation Resources section.
- For workplace related exposures contact the COVID contact tracing team at COVIDContactTracing@ynhh.org.

If I was exposed and this was confirmed by my supervisor. What do I do?

- Staff who meet the “**Lower Risk**” exposure category and who are asymptomatic may continue to work but will need to have a COVID-19 test 5 days after the exposure (obtain via the self-scheduling website listed above). As always, you should be monitoring for symptoms of COVID-19 including checking your temperature twice a day. If you develop symptoms stay home and obtain a COVID-19 test via the self-scheduling website. Do not overlook very mild symptoms.
- Staff who meet the “**Higher Risk**” exposure category who are asymptomatic will be **removed from work**. Testing is to be done on day 10 after the last day of exposure and if the result is negative, you may return to work on day 11.
- Asymptomatic staff identified during an exposure investigation may be contacted by the Employee Resource Center 2 days after the exposure investigation has begun. Do not contact the Employee Resource Center unless you have not been contacted within this timeframe.
- Staff are to complete a report of injury in Infor if this exposure occurred in the workplace. If you are not employed by YNHHS, please reach out to your supervisor for guidance.

Is testing of asymptomatic available?

Mass asymptomatic staff testing was performed multiple times over the past year. The positivity rate of asymptomatic staff was extremely low. We are continuing to focus on testing of high risk patients and exposed or symptomatic staff.

What should I do to keep myself safe in the workplace?

- Get vaccinated!
- Wear a mask at all times when in a patient care area and all common areas. In office areas, wear a mask if you cannot physically distance by 6 feet.
- Continue to physical distance as much as possible and especially when you cannot wear a mask (e.g., eating).
- Perform frequent hand hygiene.
- Disinfect common touch surfaces regularly.
- Practice 200% accountability – help to remind others when they forget.
- Take the above precautions and avoid risky behaviors when out in the community also.

What is the delta variant?

The delta variant is now the predominant strain of the COVID-19 virus circulating in our area. It is more contagious, and possibly more severe, than the original strain of the virus that causes COVID-19. Vaccines remain highly effective at preventing severe disease such as hospitalization and death from COVID-19 caused by the delta variant.

Are there any changes that I need to make in the workplace with the delta variant?

New data suggests that while vaccinated individuals will have greater protection against the delta variant compared to unvaccinated individuals and be less sick if COVID-19 develops, they are still able to transmit just as much virus to others. For this reason, and that COVID-19 cases continue to rise in the community, it is required that all staff return to wearing facemasks indoors while within YNHHS facilities. Those who have not been vaccinated should get vaccinated as soon as possible.