

CONTACT with a COVID-Positive Case (Either positive test or told by doctor)

Case Information	Can I come to work or campus?	Do I need to be tested?	Where do I go for care?
<p><u>You tested COVID-positive or told by your doctor you have COVID</u></p> <p>You have been told by your doctor or the County that you have COVID</p>	<p>No, you must remain self-isolated or quarantined until you meet the conditions, below:</p> <p><u>Obtain a clearance note from your doctor:</u></p> <p>Requires:</p> <ol style="list-style-type: none"> 1. No fever for 72 hours 2. AND respiratory symptoms have improved 3. AND it has been at least 7 days since symptoms first appeared 	<p>If your doctor orders it, yes. Inova also offers testing with a doctor's order for specific populations: https://www.inova.org/locations/inova-urgent-care/respiratory-clinics</p> <p>Inform your close contacts to quarantine</p> <ol style="list-style-type: none"> 1. Intimate or household contacts 2. Close contact with direct contact (<6 feet, more than 15 minutes) 	<p>If your symptoms worsen, contact your care provider immediately</p> <p>For students in the Fairfax area identifying SHS as their primary care provider, please contact SHS at 703-993-2831 and speak to a nurse.</p> <p>If a student has another provider but would like to report, please use our online portal: https://gmu.medicatconnect.com</p>
<p><u>An intimate partner or household contact tests positive/told they have COVID – (Highest Risk- if the positive contact had symptoms)</u></p> <ul style="list-style-type: none"> Someone you live with: roommate, significant other, or intimate partner (includes kissing) 	<p>No, will need to quarantine for 14 days after last exposure</p>	<p>Talk to your doctor if you develop symptoms. If your doctor recommends it, yes.</p> <p>Symptoms may include: fever OR shortness of breath OR cough</p>	<p>Primary care doctor</p> <p>For students in the Fairfax area identifying SHS as their primary care provider, please contact SHS at 703-993-2831 and speak to a nurse.</p>
<p><u>A close contact has COVID</u></p> <p>(Higher Risk- if the contact had symptoms)</p> <ul style="list-style-type: none"> Someone you had direct physical and frequent contact with (e.g. teammate, close friend) Someone whose infectious secretions you had direct contact with (e.g. coughed on, sneezed on, or touching used tissues with a bare hand) Someone you had prolonged face-to-face contact within 6 feet, for periods of more than 15 minutes 	<p>Recommend working from home and quarantine for 14 days after last exposure. <i>Talk to your doctor about your risk and recommended length of quarantine.</i></p>	<p>No, unless you have symptoms</p> <p>Symptoms include: fever OR shortness of breath OR cough</p>	<p>No care needed if you do not have symptoms</p> <p>Self-monitor symptoms and temperature every day, for 14 days since last exposure. If you develop symptoms, contact your care provider</p> <p>http://www.vdh.virginia.gov/content/uploads/sites/182/2020/03/Daily_Monitoring_Log.pdf</p> <p>Look for: fever of greater than 100 degrees Fahrenheit, cough, chills, shortness of breath</p>
<p><u>Coworker or friend has COVID – (Low-Medium Risk- if the contact had symptoms)</u></p> <ul style="list-style-type: none"> Someone who you walked by or were around, but more than 6 feet away. Someone you were in the same room with, but not within 6 feet for more than 10-15 minutes 	<p>Yes, you can work, as long as you do NOT have symptoms AND you were not a close contact (see row above)</p>	<p>No, unless you have symptoms</p> <p>Symptoms include: fever OR shortness of breath OR cough</p>	<p>No care needed if you do not have symptoms</p> <p>You should self-monitor your symptoms every day, for 14 days</p>
<p><u>Friend of a friend has COVID – (Minimal Risk)</u></p> <ul style="list-style-type: none"> Your best friend's mother, your spouse's co-worker 	<p>Yes, you can work, as long as you do NOT have symptoms</p>	<p>No, unless you have symptoms</p>	<p>You should take general precautions given the community spread of COVID in Fairfax County such as social distancing and washing hands</p>
<p><u>My patient tested positive</u></p> <ul style="list-style-type: none"> Your patient, or physician coworker, tests positive 	<p>Student Health Services staff who had a close contact exposure with a COVID-positive patient, while not wearing PPE, or who themselves are ill, should inform their supervisor who will contact Student Health Services physician on-call.</p> <p>Population Health/MAP clinic staff who had a close contact exposure with a COVID-positive patient, or who themselves are ill, should inform their supervisor</p>		