

## COVID-19 Quick Reference FAQs for Supervisors

### What are the current guidelines and requirements?

Virginia Tech is following Center for Disease Control and Prevention (CDC) COVID-19 recommendations. *These are recommendations and not requirements. There are no state or university specific COVID-19 reporting requirements for employees at this time.*

### Who do I contact for questions about \_\_\_\_\_?

For **specific health questions**, employees should contact their primary care physician, urgent care, or their local health department.

For **leave questions**, employees should contact their Human Resources representative or the [HR Service Center](#).

Employees should work with their supervisor on planning for work coverage as necessary, and should work with their supervisor to manage **return-to-work plans**.

For additional questions, employees can contact the EHS Occupational Health team at [reportacase@vt.edu](mailto:reportacase@vt.edu).

### What to do when an employee tests positive for COVID-19?

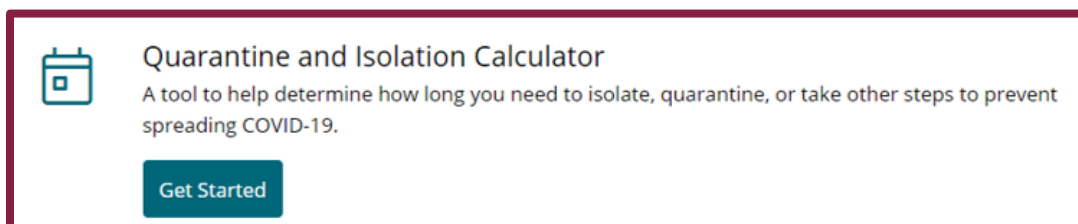
If the employee is currently working on site and receives a positive test result, the employee should return home to self-isolate.

If the employee is currently working remotely or contacts a supervisor after-hours with a positive test result, the employee should remain at home and self-isolate.

Employees with questions about isolation and returning to work can review the [CDC Guidance](#) and contact their supervisor to discuss their return-to-work plan.

Employees should not return to work until at least the day that follows their last isolation day, and when they are symptom-free or have improving symptoms, including fever-free for 24 hours without the use of medication.

The CDC has a tool designed to assist with determining isolation dates, which can be accessed by clicking the image below, then click the “Get Started” button on the website to begin.



# Recommendations for People with COVID-19

Have you tested positive for COVID-19 or have mild symptoms and are waiting for test results?

Here's What To Do:

**Isolate. Stay at home for at least 5 days.\***



To keep others safe in your home, wear a mask, stay in a separate room and use a separate bathroom if you can.



**Do not travel for 10 days.**



If you can't wear a mask, stay home and away from other people for **10 days**.



To calculate the recommended time frames, **day 0** is the day you were tested if you don't have symptoms, or the date your symptoms started.



Contact your healthcare provider to discuss your test results and available treatment options. Watch for symptoms, especially fever. If you have an emergency warning sign, such as trouble breathing or persistent chest pain or pressure, seek emergency medical care immediately.



**Day 6: Do a self-check. How are you feeling?**

*You could have loss of taste or smell for weeks or months after you feel better. These symptoms should not delay the end of isolation.*



No symptoms or symptoms improving. No fever without fever-reducing medication for 24 hours. You can leave isolation. Keep wearing a mask around other people at home and in public for **5 more days** (days 6-10).



Symptoms not improving and/or still have fever. Continue to stay home until 24 hours after your fever stops without using fever-reducing medication and your symptoms have improved.



After you feel completely better, keep wearing a mask around other people at home and in public through **day 10**.

\*If you are moderately or severely ill (including being hospitalized or requiring intensive care or ventilation support) or immunocompromised, please talk to your healthcare provider about when you can end isolation. Please refer to [COVID-19 Quarantine and Isolation](#) for guidance on isolation in healthcare settings and high risk congregate settings (such as correctional and detention facilities, homeless shelters, or cruise ships).

## What if an individual has an exposure to COVID-19?

If an employee is a close contact to someone who has recently tested positive for COVID-19, within 6 feet for more than 15 minutes over a 24-hour period, follow the CDC recommendations for quarantine and consider getting a COVID-19 test when appropriate.

Testing appointments can be scheduled through a primary care physician, or at certain pharmacies and urgent care facilities throughout the area for symptomatic individuals. *Testing on the Blacksburg campus is available for non-symptomatic individuals only*; self-test appointments can be scheduled through [VT Notify](#).

Individuals concerned about a potential exposure while at work have the option to wear a KN95 respirator to mitigate infection. *The university continues to support those who choose to wear masks.*

## What if an individual is a healthcare worker?

There are slightly different recommendations for isolation and quarantine if you are healthcare personnel (HCP). Refer to the following chart for more information.

### Work Restrictions for HCP With SARS-CoV-2 Infection and Exposures

"Up to Date" with all recommended COVID-19 vaccine doses is defined in [Stay Up to Date with Your Vaccines | CDC](#)

For more details, including recommendations for healthcare personnel who are immunocompromised, have severe to critical illness, or are within 90 days of prior infection, refer to [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#) (conventional standards) and [Strategies to Mitigate Healthcare Personnel Staffing Shortages](#) (contingency and crisis standards).



#### Work Restrictions for HCP With SARS-CoV-2 Infection

Vaccination Status	Conventional	Contingency	Crisis
Up to Date and Not Up to Date	10 days OR 7 days with negative test <sup>†</sup> , if asymptomatic or mild to moderate illness (with improving symptoms)	5 days with/without negative test, if asymptomatic or mild to moderate illness (with improving symptoms)	No work restriction, with prioritization considerations (e.g., types of patients they care for)

#### Work Restrictions for Asymptomatic HCP with SARS-CoV-2 Exposures

Vaccination Status	Conventional	Contingency	Crisis
Up to Date	No work restrictions, with negative test on days 1 <sup>†</sup> and 5-7	No work restriction	No work restriction
Not Up to Date	10 days OR 7 days with negative test <sup>†</sup>	No work restriction with negative tests on days 1 <sup>†</sup> , 2, 3, & 5-7 (if shortage of tests prioritize Day 1 to 2 and 5-7)	No work restrictions (test if possible)

<sup>†</sup>Negative test result within 48 hours before returning to work  
<sup>#</sup>For calculating day of test: 1) for those with infection consider day of symptom onset (or first positive test if asymptomatic) as day 0; 2) for those with exposure consider day of exposure as day 0

## Recommendations for COVID-19 Close Contacts

Have you been in close contact with someone who has COVID-19? You were a close contact if you were less than 6 feet away from someone with COVID-19 for a total of 15 minutes or more over a 24-hour period ([excluding K-12 settings](#)).

### Here's What To Do:



#### Protect Others

Take these steps to keep others safe.



**Quarantine** if you are not up to date with COVID-19 vaccines or didn't have COVID-19 in the past 90 days. Stay home and away from other people for at least **5 days**.  
If you are up to date or had COVID-19 in the past 90 days you do not have to quarantine.



**Avoid travel through day 10.**



**Wear a mask** around other people for **10 days**.



Watch for symptoms of COVID-19 for **10 days**.

*Up to date means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.*



#### Get Tested

Get a COVID-19 test on or after **day 5** or if you have **symptoms**.

*People who had COVID-19 in the past 90 days should only get tested if they develop symptoms.*



You tested **negative**. You can leave your home.



Keep **wearing a mask** in public and when traveling through **day 10**.



You tested **positive** or have **symptoms**.



**Isolate** away from other people. Stay home for at least **5 days** and follow steps for [isolation](#).



**Do not travel for 10 days.**

If you are unable to get tested, you can leave your home after **day 5** if you have not had symptoms. Keep wearing a mask in public and avoid travel through **day 10**.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

Please refer to [COVID-19 Quarantine and Isolation](#) for guidance on quarantine in healthcare settings and high risk congregate settings (such as correctional and detention facilities, homeless shelters, or cruise ships).



## What if an employee shows symptoms of COVID-19, but is not aware of a close contact exposure?

*Employees who are sick are encouraged to stay home.* If an individual is experiencing symptoms of COVID-19 that cannot be attributed to allergies or other known conditions, a COVID-19 test is recommended to confirm status.

Testing appointments can be scheduled through a primary care physician, or at certain pharmacies and urgent care facilities throughout the area for symptomatic individuals. *Testing on the Blacksburg campus is for non-symptomatic individuals only.*

Individuals concerned about a potential exposure while at work have the option to wear a KN95 respirator to mitigate infection. *The university continues to support those who choose to wear masks.*

### Health District contact information is available below as a reference.

*Please note, the COVID Hotlines are typically available M-F during business hours, provide information specific to COVID-19, and may not accept messages.*

Regional Facility	Health District	Health Department Phone {COVID Hotline}
Alexandria	Alexandria	(703) 746-4988
Arlington/Ballston	Arlington	(703) 228-7999
Blacksburg	New River	(540) 267-8240
Falls Church	Fairfax County	(703) 267-3511
Hampton Roads	Hampton	(757) 594-7069
Leesburg	Loudon	(703) 737-8300
Occoquan	Prince William	(703) 872-7759
Richmond	Richmond City	(804) 205-3501
Roanoke	Alleghany/Roanoke City	1 (855) 949-8378