Safe Work Environments
What to do if you think you have been exposed to COVID-19

UVM Medical Center’s Employee Health Triage Line (802-847-7199) is staffed 7 days a week, 6 am-6 pm, by Employee Health nurses to provide screening of our employees and providers who have been exposed, have traveled or have symptoms. Due to the high volume of calls coming in, we ask that you review the guidelines below before contacting us. This information may answer some of your questions.

DEFINITIONS
- **Contact** – You’ve had an interaction with a person being tested for COVID-19, but this does not necessarily mean you have been exposed to the virus (the patient has not yet tested positive).
- **Exposure** -- You have had an interaction with a person who has tested positive for COVID-19.
- **Furlough** -- Someone who is furloughed is not allowed to return to work due to travel, symptoms, or medium/high-risk exposures until certain conditions are met.
- **Quarantine**: Someone who is asymptomatic and staying home for a period of time to self-monitor for symptoms.
- **Isolation** -- Someone who is symptomatic or has tested positive for COVID-19 and is staying home to avoid transmitting the virus to others.

GUIDELINES
- If you have had contact with someone who is asymptomatic but that person had contact with a person with COVID-19, you are at NO RISK.
- If you have had contact with someone who is being tested (results not back yet):
  - If you were wearing full PPE, your risk is VERY LOW and you may continue working.
  - If you were NOT wearing full PPE, refer to the “Exposure Risk Assessment Flow Chart” on the Intranet to determine your risk. If it is MEDIUM or HIGH risk, contact Employee Health COVID-19 hotline at 847-7199.
- If you have an exposure to a patient who has tested positive for COVID-19 and you were not wearing full PPE, call Employee Health COVID triage hotline at 847-7199.
- If a patient tests positive, Infection Prevention will reach out to all areas that interacted with the patient to determine who might have been exposed. If you are on this list you will be contacted.

REMEMBER: HOW TO PREVENT INFECTION & MAINTAIN A SAFE WORK ENVIRONMENT
- Perform hand hygiene frequently
- Stay home when you are sick
- Practice good cough etiquette
- Social distancing: stay approximately 6 feet away from other people when possible
  - Encourage spacing in waiting rooms
  - Replace face-to-face meetings with virtual meetings when possible
- Avoid using other workers’ phones, desks, office, tools, and equipment if possible
  - If unavoidable, clean and disinfected before and after use
- If you have your own workstation (office, WOW, Miller microstation) wipe down your workspace with disinfectant wipes at the end of each shift