

# Guidance for Health Care Workers (HCW) who are Infected OR Exposed to a Respiratory Virus (Updated 10/23/2025)

- HCW includes all Yale Health Center staff, providers, and learners working on-campus at YHC 55 Lock Street or satellite location
- For information on moderate to serve **immunocompromised** states, see next table
- HCW who are **SYMPOMATIC** should **STAY HOME** and **OBTAIN TESTING** for viral respiratory infection

For questions regarding this guidance, contact Employee Health at [203-432-7978](tel:203-432-7978)

HCW Status	Testing and Isolation	Work Recommendations
Exposed AND <b>Asymptomatic</b>	Testing and Isolation <b>NOT</b> required	<b>Continue to work</b> Continue masking from the day of first exposure through the 5 <sup>th</sup> day after last exposure
<b>Symptomatic</b> with viral respiratory infection BUT <b>Negative</b> for COVID-19, Influenza, and RSV	<b>Isolate while awaiting test results</b> Isolation required until fever-free AND acute symptoms are resolving/improving	<b>Return to work if:</b> <ul style="list-style-type: none"><li>• Fever free without the use of fever-reducing medications for at least 24 hours <b>AND</b></li><li>• Symptoms are improving <b>AND</b></li><li>• You feel well enough to return to work</li></ul> <b>Continue masking through day 7</b>
<b>COVID, Influenza, or RSV Positive</b> <b>Mildly OR Not</b> immunocompromised	<b>At least 5 days</b> (Symptomatic: first day of symptoms is day 0) (Asymptomatic: day of positive test is day 0)	<b>Return to work on day 6 if:</b> <ul style="list-style-type: none"><li>• Fever free without the use of fever-reducing medications for at least 24 hours <b>AND</b></li><li>• Symptoms are improving <b>AND</b></li><li>• You feel well enough to return to work</li></ul> <b>Continue masking through day 7; DO NOT NEED</b> a negative test to return to work
<b>COVID, Influenza, or RSV Positive</b> <b>Moderate to Severely</b> Immunocompromised	<b>At least 10 days</b> (Symptomatic: first day of symptoms is day 0) (Asymptomatic: day of positive test is day 0)	<b>Return to work on day 11 if:</b> <ul style="list-style-type: none"><li>• Fever free without the use of fever-reducing medications for at least 24 hours <b>AND</b></li><li>• Symptoms are improving <b>AND</b></li><li>• You feel well enough to return to work</li></ul> <b>Continue masking through day 20, DO NOT NEED</b> a negative test to return to work

Degree of immunocompromised states determined by personal healthcare provider

**Moderate and severe immunocompromising conditions and treatments include but are not limited to:**

Active treatment for solid tumor and hematologic malignancies

Hematologic malignancies associated with poor responses to vaccination regardless of current treatment status (e.g., chronic lymphocytic leukemia, non-Hodgkin lymphoma, multiple myeloma, acute leukemia)

Receipt of solid-organ transplant or an islet transplant and taking immunosuppressive therapy

Receipt of chimeric antigen receptor (CAR)-T-cell therapy or hematopoietic cell transplant (HCT) (within 2 years of transplantation or taking immunosuppressive therapy)

Moderate or severe primary immunodeficiency (e.g., common variable immunodeficiency disease, severe combined immunodeficiency, DiGeorge syndrome, Wiskott-Aldrich syndrome)

Advanced HIV infection (people with HIV and CD4 cell counts less than 200/mm<sup>3</sup>, history of an AIDS-defining illness without immune reconstitution, or clinical manifestations of symptomatic HIV) or untreated HIV infection

Active treatment with high-dose corticosteroids (i.e., 20 mg or more of prednisone or equivalent per day when administered for 2 or more weeks), alkylating agents, antimetabolites, transplant-related immunosuppressive drugs, cancer chemotherapeutic agents classified as severely immunosuppressive, tumor necrosis factor (TNF) blockers, and other biologic agents that are immunosuppressive or immunomodulatory (e.g., B-cell-depleting agents)