

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

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/mm³, 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)