



Tulane University School of Medicine
An Update FOR HEALTHCARE WORKERS to the 12/29/21
COVID-19 Guidelines
January 5, 2022

SoM Health Care Providers:

Effective immediately, the School of Medicine will NOT require Health Care Providers/Workers with COVID-19 who are asymptomatic or mildly symptomatic to have a negative COVID test in order to return to work after 5 days. This is a change from the [COVID-19 guidelines distributed on December 29, 2021](#). This new guideline is as below.

HEALTH CARE PROVIDERS/WORKERS (HCP)

- **Return to Work from COVID-19 Infection**
 - A Health Care Provider with COVID-19 who is asymptomatic or mildly symptomatic can return to work after 5 days *without* a negative test, if
 - At least 5 days have passed since symptoms first appeared, or positive test, if asymptomatic (day 0), and
 - At least 24 hours have passed since last fever without the use of fever-reducing medications and
 - Symptoms (e.g., cough, shortness of breath) have improved.
 - After returning to work, HCP should wear a N95 or KN95 mask for at least 5 days
 - If the mask must be removed, for example, to eat or drink, the provider should isolate from others
 - Self-monitor for symptoms and seek re-evaluation from occupational health if symptoms recur or worsen

The remainder of the [Guidelines distributed on December 29, 2021](#) remain in effect.

Thank you once again for all you have done in 2021, and continue to do for our patient population and SOM community.

L. Lee Hamm, Sr. VP and Dean
Patrick Delafontaine, Executive Dean

The detailed guidelines from the CDC for healthcare workers can be found at:

Strategies to Mitigate Healthcare Personnel Staffing Shortages, Updated Dec. 23, 2021
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html>

What We Know About Quarantine and Isolation, Updated Jan. 4, 2022
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation-background.html>