CDC Viral Respiratory Infection Work Restriction Criteria for Healthcare Personnel

Criteria	Asymptomatic HCP with Known/Suspected Exposure	HCP with Suspected or Confirmed Viral Respiratory Infection
Work Restriction	**No work restriction required**.	**Exclude from work** until return-to-work criteria are met.
Source Control (Masking)	Wear mask from the day of first exposure through at least **day 5 after the last exposure**.	Upon return to work, wear mask through at least **day 7 after symptom onset or first positive test**.
Respiratory Symptom Monitoring *Fever or chills *Sore throat *Headache *Decreased appetite *Loss of taste or smell *Runny or congested nose *Cough *Fatigue *Muscle aches *Vomiting or diarrhea *Weakness	Monitor for signs or symptoms for at least **5 days after last exposure**.	Monitor clinical improvement before returning to work.
If Symptoms Develop	Follow recommendations for infected personnel and be restricted from work.	Continue work exclusion until all return-to-work criteria are met.
Minimum Time Away from Work	None if asymptomatic.	At least **3 days since symptom onset** (or first positive test if asymptomatic throughout infection).
Fever Requirement	Not applicable.	Must be **fever-free for at least 24 hours without antipyretics**.
Symptoms Requirement	Remain asymptomatic.	Symptoms must be **improving**.
When Can I Come Back to Work	Must remain symptom-free.	Must feel well enough to return to work.
Earliest Return to Work	No restriction.	Earliest return is **day 4**, assuming all criteria are met.
When Can I Stop Masking (Source Control)	**Day 6** after last exposure.	**Day 8** after symptom onset or first positive test.
Note: Immunocompromised or severely ill HCP – Must be fever-free for at least 24 hours without antipyretics. They must also wait at least 10 days from the date of their positive test or when their symptoms started.		

Reference: [Viral Resp...trol | CDC]

Provided by Infection Prevention Dept. /Occupational Health