

COVID-19 Guidance for Nebraska Medicine/UNMC Colleagues
Nebraska Medicine Employee Health
Updated October 2023

Employee Health Contact Information

- Nebraska Medicine and UNMC colleagues seeking COVID-19 testing should use the Nebraska Medicine App or One Chart Patient Portal to submit an E-VISIT.
 - **Nebraska Medicine App**
 - Log into the Nebraska Medicine app
 - Select “More” on the lower right-hand select
 - Select “E-VISIT”
 - Accept the Terms and Conditions
 - Select the tile labeled “NM/UNMC Employee Only – COVID-19 Screening”
 - Complete and submit the screening questionnaire
 - Employee Health will strive to respond to E-VISIT request within 2 hours
 - Responses can be found in the One Chart Patient Portal and will include testing instructions
 - **One Chart Patient Portal**
 - Log into your account at www.onechartpatient.com
 - Select “Menu” on the left-hand side
 - Select “E-VISIT”
 - Select the tile labeled “NM/UNMC Employee Only – COVID-19 Screening”
 - Complete and submit the screening questionnaire
 - Employee Health will strive to respond to E-VISIT request within 2 hours
 - Responses can be found in the One Chart Patient Portal and will include testing instructions
- Colleagues unable to submit an E-VISIT for testing or are seeking guidance including isolation information should contact the Employee Health Clinic (402-552-3563).
 - After dialing, colleagues should follow the prompts to leave a message on the COVID-19 Line.
 - Employee Health will return messages left prior to 3 pm on business days. Messages left after 3 pm on business days and on the weekend or holiday when the Employee Health Clinic is closed will be returned the following business day.
- Colleagues that contact the OUCH pager will be redirected to the COVID-19 Line.

Symptoms and Testing

- Possible COVID-19 symptoms include:
 - Fever ($\geq 100^{\circ}\text{F}$)
 - Chills
 - Cough
 - Shortness of Breath and/or Difficulty Breathing
 - Sore Throat

- Congestion
- Postnasal Drip and/or Runny Nose
- Nausea and/or Vomiting
- Diarrhea
- Headache
- Muscle, Joint, or Body Aches
- Fatigue
- Unexplained Loss of Sense and/or Taste
- Colleagues that leave work or do not report to work due to illness and are experiencing any of the above symptoms can request COVID-19 testing from Employee Health using one of the previously outlined options. Colleagues that are being tested by Employee Health will need to continue refraining from campus until testing results which takes approximately 2-4 hours after specimen collection under normal circumstances. All testing results are reported to the colleague through the One Chart Patient Portal.
- Colleagues that are unable to complete a PCR test from Employee Health may return to campus after achieving 2 negative Rapid Antigen Tests (ie. Home tests) separated by 24 hours.
- Colleagues experiencing extremely mild symptoms and continue working should wear a surgical mask while on campus.

Testing Results and Return to Work

- **Negative Test Result**
 - Colleagues that have either a negative PCR test through Employee Health or 2 negative Rapid Antigen Tests (ie. Home tests) independently may return to campus when the following criteria has been met:
 - Temperature < 100F for 24 hours without the use of fever-reducing medications
 - Symptoms improving for 24 hours to where those symptoms are mild enough to be tolerable to work with and confinable by donning a mask
 - Colleagues should continue calling in ill to their department until the above criteria have been met.
 - Colleagues that experience a new onset of symptoms or worsening symptoms after 24 hours from a negative test should consider retesting.
- **Positive Test Result**
 - Colleagues that have either a positive PCR test through Employee Health or report a positive Rapid Antigen Test (ie. Home test) to Employee Health will be provided with an Isolation Guidance Letter detailing the isolation period and return-to-work guidance.
 - Immunocompetent Colleagues
 - Colleagues that are immunocompetent as defined by the CDC will be instructed to complete 5 days of isolation from date of symptom onset or date of positive test result (whichever occurred first) and may return to campus thereafter when the following criteria have been met:
 - Temperature < 100F for 24 hours without the use of fever-reducing medications

- Symptoms improving for 24 hours to where those symptoms are mild enough to be tolerable to work with and confinable by donning a mask
- Colleagues that have the capacity and are feeling well enough to work remotely during the isolation period may do so.
- Colleagues that do not meet the above criteria to return to campus after the 5-day isolation period must use their department's policy for calling in ill until they meet the criteria and are able to return.
- Upon return-to-work, colleagues must don a surgical mask while on campus until 10 days have passed from their symptom onset date.
- Colleagues may qualify for Short-Term Disability if their medical leave surpasses the qualifying period. Colleagues should contact their Human Resources Department for more information on filing a claim for Short-Term Disability.
- Immunocompromised Colleagues
 - Colleagues that are immunocompromised as defined by the CDC will be instructed to complete 21 days of isolation from date of symptom onset or date of positive test result (whichever occurred first) and may return to campus thereafter when the following criteria have been met:
 - Temperature < 100F for 24 hours without the use of fever-reducing medications
 - Symptoms improving for 24 hours to where those symptoms are mild enough to be tolerable to work with and confinable by donning a mask
 - Colleagues have the option of shortening the isolation period to 10 days if the above criteria have been met and the colleague achieves 2 consecutive negative rapid antigen tests (ie. Home tests) separated by 24 hours. Colleagues that can return after the shortened isolation period must provide proof of their negative rapid antigen tests to their manager and to Employee Health by emailing covidvaccines@nebraskamed.com
 - Colleagues that have the capacity and are feeling well enough to work remotely during the isolation period may do so.
 - Colleagues that do not meet the above criteria to return to campus after the 21-day isolation period must use their department's policy for calling in ill until they meet the criteria and are able to return.
 - Colleagues may qualify for Short-Term Disability if their medical leave surpasses the qualifying period. Colleagues should contact their Human Resources Department for more information on filing a claim for Short-Term Disability.

COVID-19 Rebound

- COVID-19 Rebound is characterized by a recurrence of symptoms or a new positive viral test after having tested negative and typically occurs 2-8 days after initial recovery from COVID-19. It is most-commonly associated with Paxlovid treatment although it can occur independent of treatment.
- Individuals experiencing COVID-19 rebound can be contagious for 3-5 days on average starting from reoccurrence of symptoms or date of positive test (whichever occurred first).
- Colleagues experiencing COVID-19 Rebound can return to campus after completing 3 days of isolation with Day 0 of the 3 being the date of symptom onset or the date of positive test (whichever occurred first) when the following criteria have been met:
 - Temperature < 100F for 24 hours without the use of fever-reducing medications
 - Symptoms improving for 24 hours to where those symptoms are mild enough to be tolerable to work with and confinable by donning a mask

Post-Exposure Guidance

- **Definition of Exposure:** Unmasked contact with any individual who has tested positive for COVID-19 where contact is:
 - During the shedding period of the positive individual
 - Within 6 feet for a total of 15 minutes or greater
- **Household Exposure**
 - Colleagues that live with someone who has tested positive for COVID-19 may continue coming to campus if they remain asymptomatic. Colleagues that become symptomatic should complete COVID-19 testing using one of the previously outlined options.
 - While asymptomatic, the CDC recommends individuals to complete testing on the day of exposure (Day 0) and against on Day 3 post-exposure. Colleagues that wish to complete post-exposure testing while asymptomatic must do so independently and not through Employee Health.
- **Community Exposure**
 - Colleagues that sustain an exposure to someone outside of their household who has tested positive for COVID-19 may continue coming to campus if they remain asymptomatic. Colleagues that become symptomatic should complete COVID-19 testing using one of the previously outlined options.
 - While asymptomatic, the CDC recommends individuals to complete testing on the day of exposure (Day 0) and against on Day 3 post-exposure. Colleagues that wish to complete post-exposure testing while asymptomatic must do so independently and not through Employee Health.

