



09 Dec 2020

Action POC: Antolino Colon

**Subj: WHAT TO DO IF YOU WERE SICK AND RETURNING TO WORK– NAVAL
POSTGRADUATE SCHOOL COVID-19 RESPONSE**

Purpose: Promulgate information on what to do if you were sick during COVID-19 Pandemic and return to work

Actions: Notify your supervisor*

1. Other Acute Respiratory Illness (i.e. flu and influenza like illnesses):

- a. Personnel who have symptoms of acute respiratory illness are recommended to stay home and not report to work until **10 days** has passed since symptoms first appeared and **24 hours** has pass since the following are met, without the use of fever-reducing or other symptom-altering medicines:
 - i. Resolution of fever (100° F or greater using an oral thermometer)
 - ii. Resolution of signs of a fever (shivering, shaking, chills, body aches, headaches, excessive sweating, etc.)
 - iii. Improvement of other illness symptoms (sore throat, persistent cough, sinus congestion, fatigue, etc.)

2. If you tested positive and/or were diagnosed with COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

In accordance with [NAVADMIN 217/20](#) and [NAVADMIN 298/20](#)

- Return to work at NPS is authorized when, your medical provider has cleared you.
- It is your responsibility to provide this paperwork from your physician, to your supervisor and I, ajcolon@nps.edu.
 - Examples of Acceptable Paperwork
 - Documentation from Presidio Of Monterey
 - Doctor filled Standard Form DD689
 - [Monterey County attestation form](#)

Medical provider will normally release individual when:

- At least 10 days have passed since symptom onset
AND
- At least 24 hours have passed since resolution of fever without the use of fever-reducing medications
AND
- Other symptoms have improved (e.g., cough, shortness of breath)

Note: for severe cases where individuals required hospitalization, the duration of isolation is extended such that RTW is no earlier than day 21 (20 days since symptom onset) as some persons with severe covid-19 illness may remain infectious for slightly longer periods of time.

*Supervisors: Notify Chain of command, Deans and Directors (sans names) of personnel recovering.

BELOW DIRECTION FROM CNO.

R 041853Z AUG 20 CNO WASHINGTON DC US NAVY COVID-19 STANDARDIZED OPERATIONAL GUIDANCE

7.D. RETURN TO WORK (RTW) GUIDANCE FOR COVID-19 CASES.

7.D.2. ALL OTHER UNITS AND STAFFS. COVID-19 CASES MUST MEET ALL OF THE FOLLOWING CRITERIA TO RTW:

(1) AT LEAST 24 HOURS HAVE PASSED SINCE RESOLUTION OF FEVER WITHOUT THE USE OF FEVER REDUCING MEDICATION

(2) IMPROVEMENT IN OTHER COVID-19 SYMPTOMS, AND (3) AT LEAST 10 DAYS HAVE ELAPSED SINCE THE SYMPTOMS FIRST APPEARED OR RT-PCR TEST DATE IF ASYMPTOMATIC.

7.D.3. FOR SEVERE CASES WHERE INDIVIDUALS REQUIRED HOSPITALIZATION, EXTEND THE DURATION OF ISOLATION SUCH THAT RTW IS NO EARLIER THAN DAY 21 (20 DAYS SINCE SYMPTOM ONSET) AS SOME PERSONS WITH SEVERE COVID-19 ILLNESS MAY REMAIN INFECTIOUS FOR SLIGHTLY LONGER PERIODS OF TIME.

7.D.4. RETURN TO EXERCISE. THE RTW GUIDANCE IN 7.D.1 THROUGH 7.D.3 IS BASED ON RESOLUTION OF INFECTIVITY. BASED ON SEVERITY OF ILLNESS, SOME PERSONNEL MAY REQUIRE ADDITIONAL TIME TO GRADUALLY RETURN TO INTENSE EXERCISE, IF OPERATIONALLY FEASIBLE. REF (H) CONTAINS RETURN TO EXERCISE RECOMMENDATIONS.

7.D.5. NCC MAY ELECT TO TREAT CRITICAL OPERATIONAL ENABLERS, SUCH AS INSPECTION AND CERTIFICATION TEAMS, AS OPERATIONAL UNITS, PARA. 7.D.1.

7.D.6. A TEST BASED STRATEGY IS NO LONGER RECOMMENDED TO DETERMINE RTW BECAUSE IN THE MAJORITY OF CASES IT RESULTS IN IDENTIFYING THOSE WHO CONTINUE TO SHED DETECTABLE SARS-COV-2 RNA BUT ARE NO LONGER INFECTIOUS. A COMBINATION OF BOTH SYMPTOM RESOLUTION AND TESTING CRITERIA IS NOT RECOMMENDED AS IT WILL LIKELY EXTEND RTW WITH NO CORRESPONDING DECREASE OF INFECTION TRANSMISSION.

7.E. PERSONNEL MAY CONTINUE TO TEST POSITIVE FOR UP TO THREE MONTHS DUE TO THE PRESENCE OF PERSISTENT NON-INFECTIOUS VIRAL FRAGMENTS. THEREFORE, THEY ARE EXEMPT FROM ANY REQUIRED TESTING PROTOCOL FOR THREE MONTHS FOLLOWING ANY POSITIVE TEST. INDIVIDUALS THAT EXHIBIT NEW OR PERSISTENT SYMPTOMS DURING THAT THREE MONTH PERIOD SHOULD BE EVALUATED BY A MEDICAL PROVIDER. STUDIES HAVE NOT FOUND EVIDENCE THAT CLINICALLY RECOVERED PERSONS WITH PERSISTENCE OF VIRAL RNA HAVE TRANSMITTED COVID-19 TO OTHERS.

7.F. VIRAL CULTURE: VIRAL CULTURE SHOULD NOT BE USED AS A PRIMARY OR STAND-ALONE RETURN TO WORK CRITERIA. HOWEVER, IF A VIRAL CULTURE HAS BEEN OBTAINED DURING A COVID CASE CLINICAL EVALUATION, RESULTS MAY BE

USED AS SUPPLEMENTAL CRITERIA FOR PARTICULARLY CHALLENGING CASES.

7.G. COMMAND AND MEMBER NOTIFICATION: THE INDIVIDUAL SICK SLIP (DD FORM 689) MUST BE USED TO NOTIFY BOTH THE MEMBER AND THE CHAIN OF COMMAND OF ANY TEST-CONFIRMED OR PRESUMPTIVE COVID ILLNESS, WHETHER SYMPTOMATIC OR NOT. SECTION 11 (DISPOSITION) AND SECTION 12 (REMARKS) MUST CLEARLY INDICATE THE MEDICALLY-RECOMMENDED DISPOSITION, FOLLOW UP, AND QUARANTINE/ISOLATION REQUIREMENTS IN ACCORDANCE WITH THIS GUIDANCE. THE SICK SLIP MUST ALSO BE USED TO NOTIFY ASYMPTOMATIC MEMBERS AND THE CHAIN OF COMMAND OF ANY PUI OR CLOSE CONTACT, QUARANTINE, OR ISOLATION REQUIREMENTS IN ACCORDANCE WITH THIS GUIDANCE. BEGINNING AND ENDING DATES OF THE QUARANTINE/ISOLATION PERIOD, SYMPTOM-FREE REQUIREMENTS, AND MEDICAL FOLLOW UP MUST BE CLEARLY INDICATED IN SECTION 12 (REMARKS).