UNM HOSPITAL

COVID-19 Testing for Health Care Personnel at UNM Hospitals

Health Care Personnel (HCP) safety and well-being is a top priority at UNM Hospitals. We acknowledge the increased risks and anxiety working during these difficult times. Thank you for everything each of you do to care for patients.

The following guidelines maximize appropriate testing while balancing continued concerns about testing supply availability, and are:
- Relevant only for COVID-19 PCR swabs; and
- Do not pertain to serology/antibody testing, which is not routinely recommended at this time.

Note: If testing supplies become unavailable, testing may be limited to symptomatic individuals.

COVID-19 swab is Highly Recommended when the HCP has:
1. Symptoms consistent with COVID-19 (fever, cough, shortness of breath, chills, muscle pain, new loss of taste or smell, vomiting, diarrhea or sore throat)
2. Workplace exposure (defined as prolonged, close contact with a patient with COVID-19 per CDC)*
3. Moderate- or high-risk exposure in the community or at home (e.g., family member with COVID-19 infection)*

   *Testing recommended 7 days after exposure. May be obtained if asymptomatic.

COVID-19 swab is Voluntary when the HCP is:
- Asymptomatic and regularly cares for patients with known COVID-19 (consider a frequency of every 2 months)

COVID-19 swab is Not Recommended when the HCP has:
- Only low risk exposure to COVID-19 patients
- Had frequent testing (anything greater than once per week)

Call Occupational Health at (505) 515-8212 if:
- You have a positive COVID-19 test
- You're getting a test because you have COVID-19 symptoms
- You're getting a test because you have a possible COVID-19 exposure:
  - Exposure at work (per CDC definition)
  - Close contact with someone with COVID-19 infection at home or in the community
  - Recent travel to an area with ongoing community spread of COVID-19
  - Note: Occupational Health will not accept a COVID-19 test before day 7 after these exposures.

Return to Work:
- After any exposure, monitor yourself for COVID-19 symptoms for 14 days from the last exposure.
- If you get tested for COVID-19 and are:
  - Asymptomatic *without* an exposure → you can return to work immediately after your test
  - Asymptomatic *with* an exposure → follow Occupational Health guidance (a negative test result sooner than 7 days does not mean you may return to work)
  - Symptomatic → stay at home until you get your results. Then follow up with Occupational Health

What's the basis for these recommendations?
- For those with COVID-19 symptoms (and potentially those with exposure without symptoms), obtaining a test on day 8 after exposure maximizes the sensitivity of a COVID-19 test.
- Timing of exposure may make the test more accurate. If you tested negative on Monday but were exposed on Tuesday, Monday's results may not be particularly meaningful.
- Although testing is important to reduce the risk of spread, results need to be coupled with action. Other measures such as universal masking, social distancing and limiting visitors help reduce the risk of ongoing spread in healthcare settings.

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