

Roadmap back to health and work after COVID-19 or an exposure

The [COVID-19 screening form](#) is your first stop if you have symptoms, suspect exposure, or need to report a new positive test result received outside UTSW.

If you test positive ...

Day 0: Begin at-home isolation

Days 0-10: Complete daily electronic symptom diary received by email while in isolation

Day 5: You have the option to test for early return to work if you are:

1. Fully vaccinated
2. Asymptomatic (other than loss of taste and/or smell)
3. **NOT immunocompromised**

*Occupational Health will notify UTSW employees, learners, and trainees who qualify via email how to schedule their COVID-19 test at the BioCenter

*Look for a message from covid19monitor@utsouthwestern.edu

Early return-to-work testing

Test negative? You may return to campus once you receive your results

Test positive? Continue isolating for the next five days

Day 10: Isolation ends for those who have resolved or improved symptoms and were not previously approved for early return-to-work

If you are symptomatic, but test negative through UTSW ...

- Occupational Health will clear you by email to return to campus based on its [flu grid](#)
- Test again if any symptoms worsen
- Practice safeguards, including masking, physical distancing, and hand hygiene

*Review the Occupational Health flu grid for more insights on decision-making

If a close contact tests positive ...

- **Report your exposure** to Occupational Health
- Discuss with your manager if work from home is appropriate
- Self-schedule a UTSW-administered COVID-19 test via MyChart (click the COVID-19/Flu Scheduling icon)
- Repeat testing five to seven days later
- Mask and avoid eating/gathering with others in unmasked settings for 10 days
- If any symptoms develop, do not return to campus, or if on campus, notify your supervisor and head home

*If you are **asymptomatic** and fully vaccinated (with or without a booster), you are allowed to continue working on campus even while awaiting test results



As has been the case throughout the pandemic, we remain committed to answering your questions. Visit our [COVID-19 Employee Health FAQ](#) for the latest Occupational Health-related information. Scan the QR code to your left or click the link above to go there now.

The **COVID-19 Virtual Care Clinic** provides quick access to one of our expert clinicians and is available to your family members. Call 214-645-9296, Monday through Friday, 8 a.m. to 5 p.m.