COVID-19 Refresher: How to Protect Yourself and Others

PURPOSE: To provide a refresher of COVID-19 precautions and necessary actions for Stanford Medicine employees.

Document type: Resource Page combining recommendations from the Centers for Disease Prevention and Control and requirements from public health authorities

Workforce Health and Wellness

1. Staying Home If You Have Suspected of Confirmed COVID-19

If you have COVID-19, you can spread it to others, even if you do not have symptoms. If you have COVID-19 symptoms, get tested and stay home until you have your results. If you have tested positive (even without symptoms):

- notify your manager/supervisor
- stay home
- report your test result to WHW *(see below)*

2. Getting Tested for COVID-19 If Needed

Follow Stanford Medicine's COVID-19 Testing and Isolation Guidelines and test with an antigen test as soon as you develop symptoms. If negative, complete two additional antigen tests 24 hours apart.

If you have been exposed to COVID-19 and do not have symptoms, you should test 24 hours after the exposure, or sooner if you develop symptoms. If negative, test again at days 3 and 5.

Remember to report all test results *(see below)* and follow the full testing schedule as indicated.

3. Reporting Your COVID-19 Antigen Test Result

**For SHC and SMCH**, all COVID-19 antigen tests completed for work should be reported via one of the two pathways below.

Scan the orange QR code, or follow this link, to the Positive Intake Form, to report a positive result and obtain isolation recommendations. *Completing the form will help determine your length of isolation and steps to returning to work.*

Complete the Negative Intake Form, via scanning the green QR code or clicking this link, if you test negative to record your clearance for work and track full testing schedule for symptoms or exposures.

**For SHC Tri-Valley**, Call OHS @ 925-534-0230 to report a positive covid test.

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For full details on WHW services and hours of operation, click the icon below.