

COVID-19 Omicron Variant

Useful Information



In times of great uncertainty, “not knowing” can cause a lot of stress and anxiety. To help, here are some common questions, and sources of information to answer them.

Please keep in mind that the Omicron wave is fast-paced, so the answers to these questions will change rapidly. The information sources linked from this page will be updated frequently, so please check them regularly.

To see a smartphone-friendly version of this document, use this QR code:



<h3>Testing</h3>	<p>Are you asymptomatic? Mount Sinai Health System is offering free asymptomatic testing for all employees. Learn more.</p> <p>Do you have symptoms? Learn more about testing and how to report to Employee Health Services (EHS).</p> <p>Does your loved one need to get tested? Learn more about where they can be tested.</p>
<h3>Masks and PPE</h3>	<p>An N95 respirator and eye protection are required for all staff during direct patient-facing encounters in both the inpatient and ambulatory settings. Learn more about masking recommendations for both patient-facing and non-patient-facing encounters.</p>
<h3>Visitation Policy</h3>	<p>We have tightened our visitor policies to reduce the number of people in our clinical areas. Learn more.</p>
<h3>I'm feeling a bit overwhelmed. Where can I go for help?</h3>	<p>It's normal to feel overwhelmed in a crisis like this. Mount Sinai has many free resources to support you. Learn more.</p>
<h3>Return to Work</h3>	<p>After you report your illness to EHS, you will probably be cleared to return to work through an automated process. On day 5 after you test positive for COVID-19 and/or begin having symptoms, you will receive an email to complete a self-assessment that will enable your safe return. Learn more on "Return to Work" policies.</p>