

# Quarantine Instructions for Staff



**You are being asked to quarantine for 10 days from your last contact with a person who tested positive for COVID-19.**

During the 10-day quarantine, please minimize your contact with others and consider yourself contagious even though you may not contract the virus or show any symptoms if you do. Please take extra precautions to protect the health of others living in the home.

We will contact the local health department and inform them of the exposure. They may reach out to you with additional questions and/or recommendations.

The Virginia Department of Health (VDH) offers helpful guidance for close contacts on their website: [What to do if you were potentially exposed to coronavirus disease \(COVID-19\)](#). Here are some recommendations from the VDH on how to adequately quarantine:

- **Answer the call.** Your [local health department](#) may reach out to you with more recommendations if you are identified as a close contact during [contact tracing](#).
- **Stay home and away from others.** Please avoid contact with others to avoid spreading COVID-19. Do not go to work, school, stores, or any public spaces. Do not use public transportation, taxis, or rideshares.
- **Monitor your health.** Use a thermometer to take your temperature twice daily (once in the morning, once at night) and watch for fever (100°F or higher). Monitor for other [symptoms of COVID-19](#), such as cough, shortness of breath, chills, muscle pain, sore throat, or new loss of taste or smell. You can download the [VDH Daily Monitoring Log for COVID-19](#) to help keep track of symptoms.
- **If you experience any of the following during quarantine**—trouble breathing, persistent chest pain or pressure, confusion, trouble staying awake, and/or blue lips or face—call 911 immediately and let them know that you may have COVID-19.

**How long do I need to stay home?** Close contacts who are not fully vaccinated are asked to quarantine (stay home) and self-monitor for symptoms for 10 days from the last day of exposure. Please refer to the following timeline:

- **Day 0** – Last day of exposure to positive case: \_\_\_\_\_
- **Day 10** – Last day of quarantine: \_\_\_\_\_
- **Day 11 (or next work day)** – Employee may return to work: \_\_\_\_\_

**What if the person with COVID-19 is a family or household member?** If you are unable to completely isolate the person with COVID-19 from the rest of the family, the quarantine period for other people living in the household lasts for 10 days following the ill person's last day of isolation. (Isolation for COVID-positive individuals is a period of 10 days from the first day of symptoms or the date of the positive test result, whichever came first.) This means that the quarantine period for others in the household may last up to 20 days. For more information about quarantine and isolation, please visit the CDC's [Quarantine and Isolation](#) web page.

**What if I test negative before Day 10?** A negative COVID-19 test cannot be used to shorten quarantine. Even if you have no symptoms, you will need to complete the full 10-day quarantine before it is safe to return to work or be around others.

**Do other members of my household need to quarantine?** No, unless you develop symptoms or test positive during your quarantine. If you develop symptoms, others in your household will need to quarantine.

**What if I experience [COVID-19 symptoms](#) or test positive?** If you develop symptoms while in quarantine, you should obtain a COVID-19 test at the provider of your choice. The most common symptoms are fever or chills, cough, shortness of breath, muscle pain, sore throat, and/or new loss of taste or smell. Not everyone with COVID-19 will have all of these symptoms, and some may never have a fever. Employees may obtain a COVID-19 test at any of our **drive-thru [ACPS testing sites](#)**. Alternatively, there are many [COVID-19 testing sites](#) in our area that are searchable by zip code. The Blue Ridge Health District (BRHD) maintains a list of [free COVID-19 testing sites](#) in our area. Individuals can also schedule a test by calling the BRHD COVID-19 Hotline at (434) 972-6261. If you test positive for COVID-19, the time you must remain at home shifts to an isolation period of 10 days from the first day of symptoms or the date of the positive test result, whichever came first. **If you are diagnosed with COVID-19, please notify your supervisor or school nurse as soon as possible.**

**If you have questions about leave time or compensation, or if you are in search of COVID-19 wellness resources,** please visit Human Resources' [COVID-19 Resource Center](#) for updates, answers to frequently asked questions, forms, and related resources, or email the HR team at [COVID19@albemarle.org](mailto:COVID19@albemarle.org).

*For assistance with meeting basic needs, such as food and medication, please reference the Community Resources on the Blue Ridge Health District's [Hotline & Local Resources](#) web page or call the BRHD COVID-19 Hotline at (434) 972-6261, Monday – Friday, 8 a.m. to 4:30 p.m.*

## Helpful Links

- What to do if you were potentially exposed to coronavirus disease (COVID-19): <https://www.vdh.virginia.gov/coronavirus/local-exposure/>
- Local Health Department Locator: <https://www.vdh.virginia.gov/health-department-locator/>
- Information about Contact Tracing: <https://www.vdh.virginia.gov/coronavirus/prevention-tips/contact-tracing/>
- COVID-19 Symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- VDH Daily Monitoring Log for COVID-19: [https://www.vdh.virginia.gov/content/uploads/sites/182/2020/03/Daily\\_Monitoring\\_Log.pdf](https://www.vdh.virginia.gov/content/uploads/sites/182/2020/03/Daily_Monitoring_Log.pdf)
- Information about Quarantine and Isolation: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
- ACPS Testing Sites: <https://bit.ly/3AkqBO5>
- Local COVID-19 Testing Sites: <https://www.vdh.virginia.gov/coronavirus/covid-19-testing-sites/>
- Free COVID-19 Testing Sites in the Blue Ridge Health District: <https://www.vdh.virginia.gov/blue-ridge/covid-19-tjhd-testing-sites/>
- ACPS Human Resources COVID-19 Resource Center: <https://albemarlecountyva.sharepoint.com/sites/HRCOVIDResources>
- BRHD Hotline & Local Resources: <https://www.vdh.virginia.gov/blue-ridge/hotline-local-resources/>