

School: _____
Staff Name: _____
Date of Last Exposure: _____
COVID Liaison Team Member: _____

You may have been exposed to someone with COVID-19. We care about you and your family and understand that you may have questions. Please review the information below.

WHAT TO DO NEXT? For Staff

- You are unvaccinated: You should stay home from work and quarantine until testing results are received. PCR testing should be performed no sooner than 5 days after the documented exposure. Results of the PCR test will inform next steps. Recommended date for testing _____. If your PCR test result is negative and you remain asymptomatic, you may return to work on Day 8. If you choose not to be tested and you remain asymptomatic, you may return to work on day 11. Call your healthcare provider to discuss whether you need to be evaluated.
- You are fully vaccinated: You should remain at work and are required to be PCR tested 3 days after the documented exposure. Results of the PCR test will inform next steps. Recommended range of dates for testing _____. Call your healthcare provider to discuss whether you need to be evaluated.

Where can you get a PCR test?

1. Testing Information Website <https://sbcovid19.com/testing-sites/>
 - Make an appointment online or some accept walk-ins; testing is FREE.
2. Hook Community Center 10am-6pm, Tuesday-Saturday
14973 Joshua Street. Victorville 92394

What do the results mean?

If you receive a **Negative** test result, please contact Covid Support and provide a note from your healthcare provider or lab report and may return to work if:

- You remain symptom free
- You have no fever for at least 24 hours (without the use of fever-reducing medications)
- It's been at least 8 days since the exposure date

If you choose NOT to get tested and the above conditions are met, you can return

Quarantine best practices include:

- Continuing to monitor for symptoms for 14 days following the exposure. If you become symptomatic, begin isolation by keeping away from others and using a separate bathroom for the duration of isolation.
- You can and should seek medical attention if needed during quarantine or isolation.

If you receive a **Positive** test result, you **MUST** notify Covid Support. You must isolate and can return to work only after:

- It has been 10 days since symptoms started AND
- Overall symptoms have improved AND
- You have no fever for at least 24 hours (without the use of fever-reducing medications)
- You have spoken to Covid Support to assess that your child meets the CDPH Guidelines for return to school.

If results are positive, isolation is required until the conditions above are met. The earliest date you can return to work is _____, if overall symptoms have improved AND you have no fever for at least 24 hours (without the use of fever-reducing medications). Isolation must continue until these conditions are met, even if that extends the isolation period beyond the 10 days.

Isolation best practices include:

- Keep away from others and use a separate bathroom for the duration of isolation.
- When not able to keep away from others, a mask should be worn by all members of the Household.
- All members of the household should stay home and avoid contact with others outside of your home. After being in close contact with someone with COVID-19, it can take up to 14 days to know if you are sick.
- You can and should seek medical attention if needed during isolation or quarantine.
- Encourage everyone in the household to wash their hands often and avoid sharing personal household items with others (e.g., dishes, cups, towels, bedding).
- Use an effective household disinfectant to clean "high-touch" surfaces and everyday items such as door handles, countertops, and faucets.

If you have questions or concerns, please contact the Covid Support Team. Thank you!