

Employee COVID Guidelines

Updated August 22, 2023

**Direct
Exposure
to COVID**



MAY CONTINUE TO WORK

1. No need to quarantine **IF**:

- Asymptomatic
- Test within 3-5 days after last exposure. (recommended)
- Wear face coverings around others for 10 days after exposure. (recommended)

2. If symptoms develop it is recommended that you isolate. ([see below](#))

**Positive
COVID Test**



STAY HOME (Recommended)

1. Contact supervisor and isolate for at least 5 days:

- If you had no symptoms you may end isolation after day 5.
- If you had symptoms and your symptoms are improving, you may end isolation after day 5 if: you are fever-free for 24 hours (without the use of fever-reducing medication).
- Your symptoms are not improving, continue to isolate until your symptoms are improving and you are fever-free for 24 hours (without the use of fever-reducing medication).

2. After you have ended isolation, wear a mask through day 10.

***COVID Symptoms?**

If you have COVID-19 symptoms, regardless of vaccination status or previous infection it is recommended:

1. Stay home, self-isolate, and test as soon as possible.
2. Consider testing 3-5 days after onset of symptoms.
3. Communicate with your supervisor as you would any other type of absence.
4. You may return to work when you don't have fever and your symptoms are getting better. A medical note may be required if you are off work three or more days.