



COVID-19 Guidelines

YOU NEED TO STAY HOME/GO HOME IF:

2

OF THE FOLLOWING:

- Headache
- Body Aches
- Chills
- Sore Throat
- Nausea
- Vomiting
- Diarrhea
- Sinus Congestion/Runny Nose

OR

1

OF THE FOLLOWING:

- Fever of 100+
- New Cough
- Shortness of Breath
- Difficulty Breathing
- Loss of Taste or Smell

OR

Exposure to COVID-19

Been within 6 feet of someone diagnosed with COVID-19 for at least 15 cumulative minutes within a 24-hour period anytime from the 48 hours before their symptom onset (or test date) through at least 10 days after symptom onset (or test date)

WHEN CAN I RETURN TO WORK/SCHOOL/DAY CARE?

POSITIVE COVID-19 TEST

MAY RETURN AFTER 10 DAYS
AND
AT LEAST 24 HOURS FEVER FREE WITHOUT ANY MEDICATION
AND
SYMPTOMS HAVE IMPROVED

NO COVID-19 TEST

MAY RETURN AFTER 10 DAYS
AND
AT LEAST 24 HOURS FEVER FREE WITHOUT ANY MEDICATION
AND
SYMPTOMS HAVE IMPROVED

NEGATIVE COVID-19 TEST

AT LEAST 24 HOURS FEVER FREE WITHOUT ANY MEDICATION
AND
SYMPTOMS HAVE IMPROVED
AND
NO KNOWN CONTACT WITH SOMEONE WHO HAS TESTED POSITIVE

EXPOSURE TO COVID-19

MAY RETURN AFTER:
Option 1: 14 DAYS
Option 2: 10 DAYS*
Option 3: 7 DAYS*
FROM LAST CONTACT
AND
WITH NO SYMPTOMS
(*Please see reverse for details)

QUARANTINE OPTIONS AFTER EXPOSURE TO COVID-19

OPTION 1	OPTION 2	OPTION 3
<p>14 DAYS</p> <p>from your LAST exposure to the person who tested positive. You may return to work/ school/ day care on Day 15.</p> <p>CDC still maintains the 14-day quarantine is the gold-standard for reducing the spread of COVID-19</p> <p>No testing required.</p>	<p>10 DAYS</p> <p>from your LAST exposure to the person who tested positive. You may return to work/ school/ day care on Day 11 if no symptoms have been reported during daily monitoring.</p> <p>No testing required.</p> <p><i>With this strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.</i></p>	<p>7 DAYS</p> <p>from your LAST exposure to the person who tested positive. You may return to work/ school/ day care on Day 8 if no symptoms have been reported during daily monitoring</p> <p>AND</p> <p>You have a negative COVID-19 test</p> <p>(Test can be done on Day 5)</p> <p><i>With this strategy, the residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.</i></p>
<p>Persons can discontinue quarantine at these time points only if the following criteria are met:</p> <ul style="list-style-type: none"> • No clinical evidence of COVID-19 has been noted during daily symptom monitoring; and, • Daily symptom monitoring continues through quarantine Day 14; and, • Strict adherence through quarantine Day 14 to all recommended non-pharmaceutical interventions (NPIs*, a.k.a. mitigation strategies). • If any symptoms develop, you should immediately self-isolate and contact the local public health authority and/or your healthcare provider to report this change in clinical status. <p>*NPIs that can be practiced by individuals include the following: correct and consistent mask use, social distancing, hand and cough hygiene, environmental cleaning and disinfection, avoiding crowds, ensuring adequate indoor ventilation, and self-monitoring for symptoms of COVID-19 illness. These are also summarized here.</p>		