Possible Symptoms

Fever and Chills

Fatique

Cough

Muscle or body aches

Shortness of breath Headache

Diarrhea

Difficulty breathing New loss of taste or smell

Sore Throat

Nausea or vomiting

Congestion Runny Nose

Start

I was exposed and have no symptoms

No Isolation requirement; Wearing a well-fitted mask for 10-days is recommended

I have symptoms

- 1. Do NOT come in or stay at work
- 2. Inform your supervisor
- 3. Test immediately
- 4. Isolate until you get your results

If results are negative:

- Return to work when you feel well enough;
- Wear a well-fitted mask until symptoms go away;
- Watch for new symptoms and retest if needed.

Counting Isolation Days

If you had no symptoms

- Day 0 is the day you were tested (not the day you received your positive test result)
- Day 1 is the first full day following the day you were tested
- If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset

If you had symptoms

- Day 0 of isolation is the day of symptom onset, regardless of when you tested positive
- Day 1 is the first full day after the day your symptoms started

tested positive

A household member

- 1. You may need to take time off to care for the individual
- 2. Inform your supervisor and HR
- 3. Wear a well-fitted mask through day 10 (see Isolation Days)
- 4. Monitor self for symptoms and follow the symptoms and positive work flows as needed

I tested positive

- 1. Do NOT come in or stay at work
- 2. Inform your supervisor and HR
- 3. Isolate at home
- 4. Seek medical attention if needed
- 5. Follow below return to work guidance based on your symptoms and Day 0 of your isolation

| Symptom Severity | End Isolation After | Notes |
|---|---------------------------|--|
| No symptoms | Day 5* | |
| Symptoms are improving | Day 5* | must be fever-free for 24 hours without medication |
| Symptoms are not improving | Day 5*-10 | isolate until fever-free and symptoms are improving |
| Experienced shortness of breath or difficulty breathing | Day 10 | consult physician about returning if hospitalized or immunocompromised |

^{*}If returning to work before day 11, must wear a well-fitted mask