

## What if I'm Exposed to, Suspect I May Have or Test Positive for COVID?



**Stay Home** – Do Not Come to Work; Call Your Supervisor to Report Out and Call Human Resource for Guidance on Next Steps. *Please note that these are general guidelines. Responses to specific cases may be modified in consultation with medical specialists and local health department professionals. Those in childcare areas must also consult licensing guidelines.*

### STAY AT HOME



If you have COVID symptoms and have tested positive or have not been tested you will be asked to isolate at home for:

- At least ten days since your symptoms first appeared **and**
- You have had no fever for at least 24 hours without the use of fever reducing medicine **and**
- Your symptoms have improved

### STAY AT HOME



If you have no symptoms and have tested positive for COVID you should isolate at home until 10 days from your last positive test **provided no symptoms develop.**

### STAY AT HOME



1. **If you have symptoms** and have **tested negative**<sup>1</sup> you should stay at home at least 24 hours after your fever has ended without the use of fever reducing medicines **and** other symptoms have improved. 2. **If you have symptoms** but have a confirmed alternative diagnosis by a physician, you may return with a physician's note **provided you have a confirmed negative COVID-19 test.** Isolation periods should then be based on the confirmed alternative diagnosis. 3. If you have tested negative and **all symptoms have been gone for at least 24 hours**, you may end isolation and return to work.

### STAY AT HOME



If you have close contact with a person confirmed to have COVID you must self-quarantine and monitor symptoms for 14 days from the last date of exposure. Close contact means being within 6 feet of an infected person over a solid block of 15 minutes or more **or** over a cumulative total of 15 minutes or more (in short bursts of interaction) over a 24-hour period.

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<sup>1</sup> **Note: Using a test-based strategy for ending isolation rather than a symptom based strategy is no longer recommended. The test-based strategy requires negative results for COVID-19 from at least two consecutive respiratory specimens collected more than 24 hours apart.**