

COVID-19 At a Glance Guide

Definition of exposure (according to the CDC):

Close contact or exposure is being within 6 feet of someone with COVID-19 for more than 15 minutes starting from 48 hours before the person began feeling sick to the time the person was isolated.

I have been exposed to someone who tested positive for COVID-19. What should I do?

You should immediately inform your manager and Human Resources of your exposure. Please share the exposure date and if you are experiencing any symptoms.

The team member shall notify their leader and Human Resources with documentation regarding their test results or quarantine guidance from their medical provider.

If you were exposed to someone with COVID-19	
<p>If you: Have been boosted OR Completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR Completed the primary series of J&J vaccine within the last 2 months</p>	<p>Wear a mask around others for 10 days. Test on day 5, if possible. If you develop symptoms, immediately quarantine, and get tested for COVID-19</p>
<p>If you: Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted OR Completed the primary series of J&J over 2 months ago and are not boosted OR Are unvaccinated</p>	<p>Asymptomatic: • Stay at home for 5 days after last contact • Properly wear a well-fitting mask around others at home and in public for an additional 5 days • Symptomatic: • Stay at home • Get tested at day 5 • Testing means (1) PCR test or (2) antigen tests in a 24-hour period • For a positive test, stay home an additional 5 days • Properly wear a well-fitting mask around others at home and in public for an additional 5 days • If a test is unavailable after 5 days: stay at home until fever-free for 72 hours without medication • Properly wear a well-fitting mask around others at home and in public for an additional 5 days</p>

What are the symptoms of COVID-19 (according to the CDC)?

Fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle or body aches, fatigue, sore throat, headache, congestion or runny nose, nausea or vomiting, diarrhea, and new loss of taste or smell

What if I have symptoms of COVID-19?

If you are experiencing two or more of the symptoms above, team members should notify their leader and Human Resources immediately. The team member should not come to work or leave work immediately. The team member should then seek medical guidance from their medical provider.

If directed to be tested, the team member should quarantine at home until they receive test results. The team member shall notify their leader and Human Resources with documentation regarding their test results or quarantine guidance from their medical provider.

If you test positive for COVID-19
<p>Everyone, regardless of vaccination status should isolate at home or residence</p> <ul style="list-style-type: none"> • After 5 days IF fever-free for 24 hours without medication and with a negative antigen test • If an antigen test is unavailable: after 5 days IF fever-free for 72 hours without medication • After day 5 AND symptoms are resolved if an antigen test taken on day 5 is positive • Individuals must also continue to properly wear a well-fitting mask around others for 10 days after the start of symptoms, or after receiving a positive test