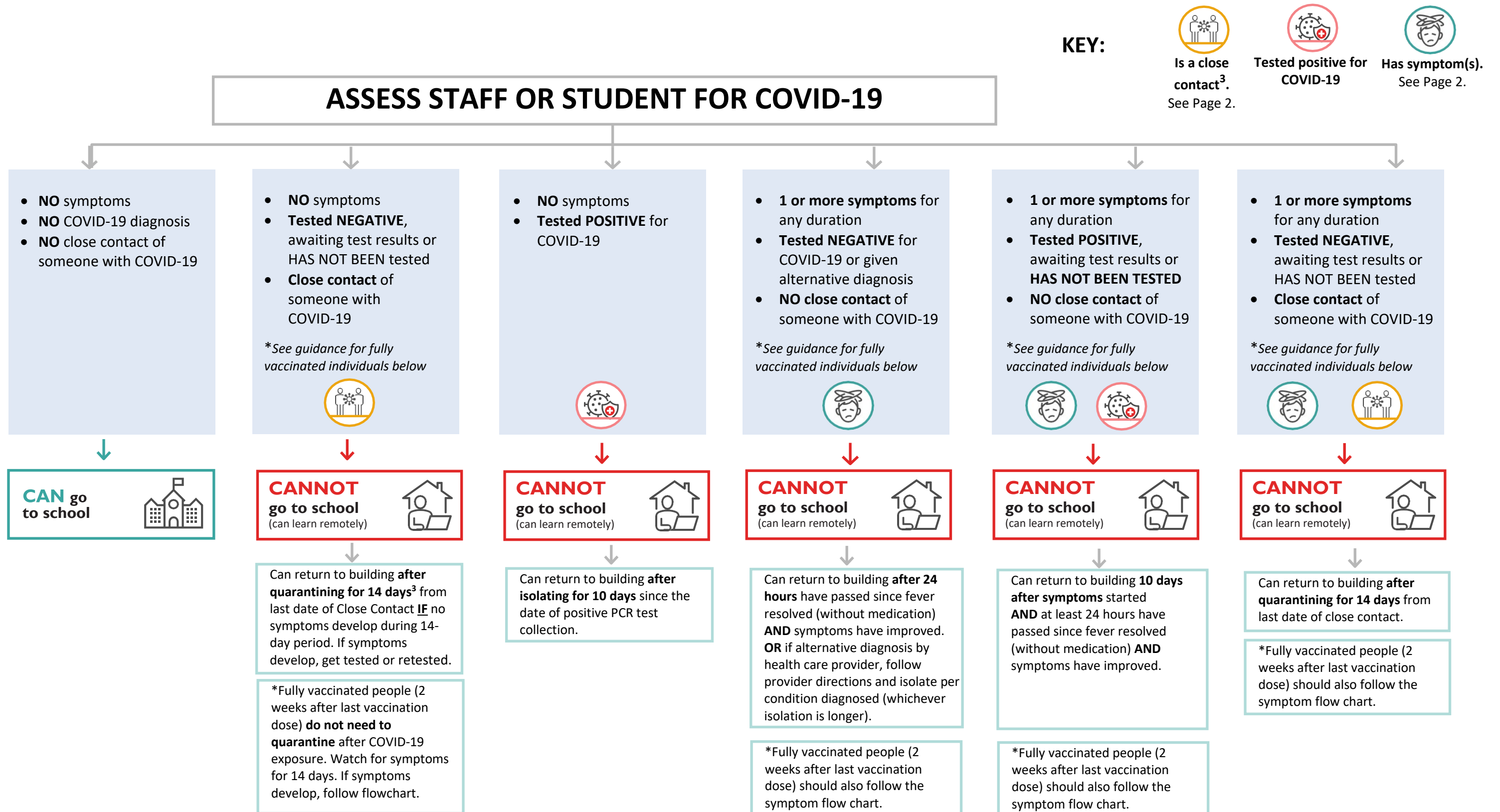


COVID-19 Return to Work/School Flow Chart



COVID-19 Return to Work/School Flow Chart



COVID-19 SYMPTOMS²

- Fever (100.4°F / 38°C or higher)
- Cough
- Loss of taste or smell
- Chills
- Shortness of breath or difficulty breathing
- Fatigue
- Headache
- Muscle pain or body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

²That are not explained by a preexisting condition, such as asthma.



CLOSE CONTACT DEFINITION³

“Close Contact” includes anyone in one or more of the following categories:

- Been within 6 feet (2 meters) of a person with COVID-19 for a combined total of 15 minutes or more within a 24-hour period
- Live in the same household as a person with COVID-19
- Cared for a person with COVID-19
- Been in direct contact with saliva or other body secretions from a person with COVID-19 (for example: been coughed on, kissed, shared utensils, etc.)

In a K-12 indoor classroom setting, the close contact definition excludes students who were at least 3 feet away from an infected student when

- Both students were wearing face coverings/masks AND
- Other prevention strategies were in place

This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.

If you’ve been exposed to someone with COVID-19 and you have no symptoms, Public Health recommends the following:

1. Stay in quarantine for 14 days after your last contact. **This is the safest option.**
2. If this is not possible, stay in quarantine for 10 days after your last contact, without additional testing.
3. If the first two options are not possible, stay in quarantine for 7 full days beginning after your last contact **and** if you receive a negative test result (get tested no sooner than day 5 after your last contact). *This option depends on availability of testing resources and may not be recommended in some settings.*

*Fully vaccinated people (2 weeks after last vaccination dose) with no symptoms **do not need to quarantine** after COVID-19 exposure. Watch for symptoms for 14 days. If symptoms develop, follow flowchart.