

Return to Work Following Exposure to COVID-19

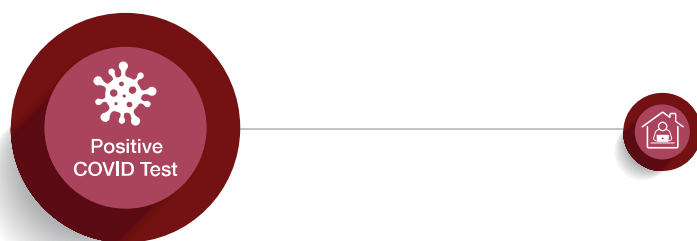
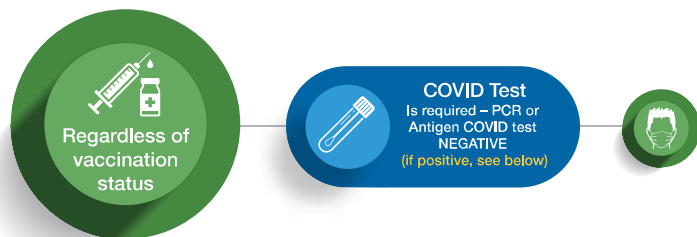


Return to Work Following Exposure to COVID

Updated with 3/13/2023 CDPH Guidance & 2/3/2023 Cal/OSHA Regulations

MAY CONTINUE TO WORK

1. No need to quarantine IF:
 - Test within 3-5 days after last exposure with a negative result.* People infected within last 30 days do not need to test unless symptomatic
 - Must wear face coverings around others for 10 days after exposure, especially in indoor settings
 - If symptoms develop, must stay home until a negative test result is obtained. If test comes back negative and employee returns to work earlier than 10 days, must wear a mask until day 10.
- * Required



STAY HOME

1. Stay home for at least 5 days after start of symptoms (day 0) or after date of first positive test (Day 0) If no symptoms
2. Isolation can end after Day 5 if:
 - Symptoms are not present, or are mild and improving; AND
 - You are fever free for 24 hours (without the use of fever-reducing medication).
3. If fever is present, isolation should be continued until 24 hours after fever resolves.
4. If symptoms other than fever, are not improving, continue to isolate until symptoms improving or until after Day 10
5. After you have ended isolation, if your symptoms recur or worsen, get tested again and if positive, restart isolation at Day 0.
6. Per CDPH masking guidance, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.

* If you have COVID-19 symptoms, regardless of vaccination status or previous infection:

Self-isolate and test as soon as possible. For symptomatic persons who have tested positive in the previous 90 days, using an antigen test is preferred. If symptoms persist, consider continuing self isolation and retesting with an antigen or PCR test in 1-2 days particularly if tested during the first 1-2 days of symptoms. Consider repeat testing every 1-2 days for several days until test is positive or symptoms improve.

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- ### COVID Symptoms
- Fever > 100.4 F
 - Loss of taste or smell
 - Difficulty Breathing
 - New Onset Cough
 - Congestion/Runny Nose
 - Nausea/Vomiting/Diarrhea
 - Sore Throat
 - Headache
 - Fatigue/Muscle or Body Aches

Someone with COVID-19 is defined as anyone with a laboratory-confirmed or a clinically compatible illness, who has not tested

COVID exposure occurs when sharing the same indoor airspace for a cumulative total of 15 minutes or more over a 24-hour period during an infected person's infectious period.

TIP: If you have symptoms get tested right away. If you were exposed and don't have symptoms, it is best to wait 3-5 days after last exposure to be tested.



Updated 3/13/2023

This care pathway was designed to assist school personnel and is not intended to replace the clinician's judgment or establish a protocol for all patients with a particular condition. Diagnosis and treatment should be under the close supervision of a qualified healthcare provider, including school nurses. This guidance is based on current evidence and the best data at the time of publication. Updates are provided to reflect changes in knowledge about the impact of the disease on children and adolescents (11/28/2022).