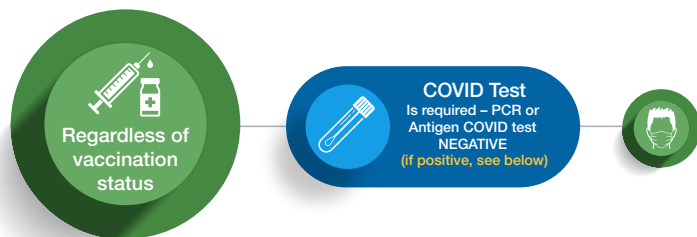


# Return to Work Following Exposure to COVID-19



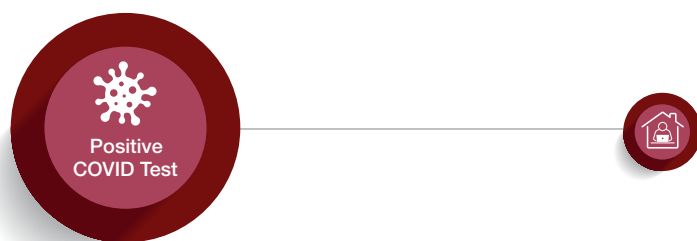
## Return to Work Following Exposure to COVID

Updated per CAL/OSHA ETS 5/12/2022



### 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
2. May return to work if negative test for COVID on or after day 5 **AND** symptoms are not present or are resolving
3. If unable to test/choose not to/or still testing positive on Day 5 or later, isolation may end after day 10 **IF** fever free for 24 hours without the use of fever-reducing medications
4. Isolation should continue until 24 hours after fever resolves. Should there be symptoms other than fever, continue to isolate until symptoms are resolving **OR** until after day 10
5. Must wear face coverings around others for a total of 10 days after symptom onset, especially in indoor settings

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

1. 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
2. Remain in isolation while waiting for results. If unable or unwilling to test, must continue isolation for 10 days after symptom onset
3. Consider continuing self-isolation and retesting in 1-2 days if testing negative with an antigen test, particularly if tested during the first 1-2 days of symptoms



### 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.

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 (5/12/2022)

