

GUIDANCE ON COVID-19

WORKPLACE EXPOSURE & RECOVERY October 2020 Update

Are you experiencing Covid-19 symptoms? They include:

- » Fever
(over 100.4°F or 38°C)
(Without having taken any fever-reducing medications, such as acetaminophen or ibuprofen.)
- » Cough
- » Shortness of breath
- » Muscle aches
- » Sore throat
- » Chills
- » Runny nose or congestion
- » Loss of smell or taste
- » New or unusual headache
- » Nausea, vomiting, diarrhea, or loss of appetite

YES, I HAVE SYMPTOMS

FOLLOW CDC GUIDELINES

1. Stay at home
2. Separate yourself from others.
3. Connect with your healthcare provider
4. Notify your supervisor
5. May discontinue home isolation under home isolation (return to work) under the following conditions **[Symptom-based Strategy]**:
 - At least 10 days have passed since symptoms first appeared AND
 - At least 24 hours have passed since last fever without use of fever-reducing medications AND
 - Symptoms (e.g. cough, shortness of breath) have improved

NO SYMPTOMS

Have you been in contact with someone who has been diagnosed with or tested positive for Covid-19? Or in contact with a person with Covid-19 who has symptoms (in the period from 48 hours before onset of symptoms?)

YES

Yes, direct physical contact or close contact
(within 6 feet for 15 or more minutes total in a 24 hour period) of an infected person for at least 15 minutes starting 48 hours before onset of illness

Self-monitor for symptoms **AND** quarantine yourself for 14 days **AND** avoid contact with people at higher risk for severe illness.

IF SYMPTOMS DEVELOP

Yes, non-close contact
(outside 6 feet or within 6 feet for a brief period of time)

Practice social distancing, wear face covering when appropriate, wash hands frequently **AND** watch for symptoms.

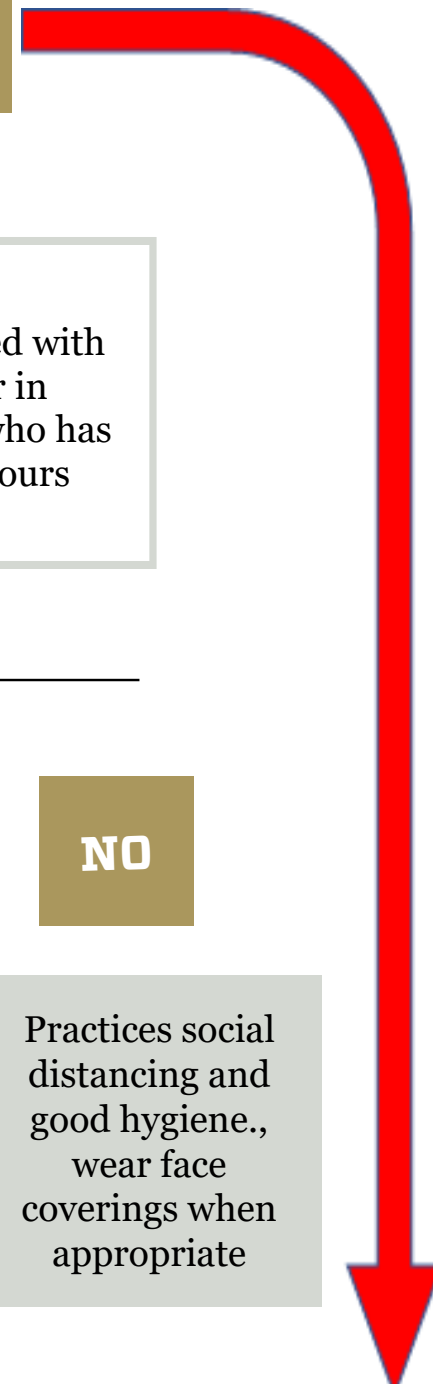
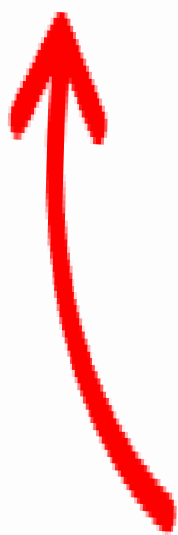
- At least 10 days have passed since the date of the FIRST POSITIVE COVID-19 test, assuming that no subsequent symptoms have developed since the positive test
- If Symptoms Develop, then the **symptom-based strategy should be used.**

NO

Practices social distancing and good hygiene., wear face coverings when appropriate

For Persons Who Have NOT had COVID-19 Symptoms but Tested Positive and are Under Isolation...

Time Based Strategy
May Discontinue Home Isolation Under the Following Conditions:



Guidance to Quarantine for FBC Employees who are Non-First Responders

On advisement of:

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The signs and symptoms of COVID-19 include fever, cough, shortness of breath, sore throat, diarrhea, headache, or loss of smell and taste. For more information, please visit the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Employees who have had close contact with a person with a confirmed positive COVID-19 test

- An employee who has had contact with a person who has tested positive for COVID-19 will self-quarantine for 14 days from the date of last contact.
- The employee will remain at home and monitor for signs and symptoms of COVID-19 disease
- Employees will report daily to their supervisor their status and will be tested should they begin to exhibit any signs or symptoms

Employees who lives with a person with a confirmed positive COVID-19 test

- An employee who lives with a person who has tested positive for the COVID-19 virus will self-quarantine until 14 days after the last symptom of the COVID positive individual
- The employee will remain at home and monitor for signs and symptoms of COVID-19 disease
- Employees will report daily to their supervisor their status and will be tested should they begin to exhibit any signs or symptoms

Employees who become sick while away from work

- If an employee becomes ill with signs and symptoms of COVID-19 while not at work, the employee should remain at home and contact their healthcare provider.
- Employee should contact their supervisor and inform them of their illness and the last date they were at work.
- Employee should be tested for COVID-19 and not return to work until the results are received and, if negative, until they are no longer ill.

Employees who become sick while at work

- If an employee becomes ill with signs and symptoms of COVID-19 during the workday, they should be sent home immediately and contact their healthcare provider.
- Surfaces in their workspace should be cleaned and disinfected according to guidance outlined for their department
- Employee should be tested for COVID-19 and not return to work until the results are received and, if negative, until they are no longer ill.

Employees who get tested for COVID-19

- An employee who gets tested for COVID 19 for any reason should notify their supervisor (of testing or illness) and remain away from work until test results return
- The employee should monitor for signs and symptoms of COVID-19

Employees who test positive for the COVID-19 virus

- Employees who test positive for the COVID-19 virus will immediately begin isolation and notify their supervisor.
- The employee will remain in isolation until cleared by the Health Department which may be based on a symptom based strategy, and/or may include two negative tests at least 24 hours apart.

Note that fully vaccinated employees do not need to quarantine following an exposure to COVID-19. Fully vaccinated means it has been at least two weeks, but not more than 3 months, from receipt of the second dose of a 2-dose series vaccine, or receipt of one dose of a one-dose series vaccine.