# CHC

## EMPLOYEE GUIDANCE ON COVID-19

**Please remember to evaluate your symptoms before reporting to work. No employee should report to work if you are experiencing any COVID-related symptoms.**

### SYMPTOMS OF COVID-19

- Fever (100.4 or higher) or chills
- Cough/sore throat
- Shortness of breath
- Fatigue
- Congestion/runny nose
- Muscle/ body aches
- Nausea or vomiting
- Headache
- Loss of taste
- Diarrhea

### A CLOSE CONTACT IS

Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period.

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**ARE YOU EXPERIENCING ANY OF THE FOLLOWING? (Please note that we allow rapid test)**

| EXPOSED TO SOMEONE WITH COVID-19 (NO QUARANTINE) | HIGHER-RISKS EXPOSED TO SOMEONE WITH COVID-19 (QUARANTINE) | I TESTED POSITIVE FOR COVID-19 (ISOLATE) |
|---|---|---|
| Everyone, regardless of vaccination status. | Unvaccinated OR, incompletely vaccinated; AND not infected with SARS-COV-2 within the prior 90 days | Everyone, regardless of vaccination status, previous infection, or lack of symptoms |

**NOTIFY YOUR MANAGER**

**COMPLETE THE SELF-REPORT FORM**

**IF NECESSARY, CONTACT YOUR HEALTH CARE PROVIDER**

### Recommended Action:

- Persons infected within the prior 90 days do not need to be tested, quarantined, or excluded from work. unless symptoms develop.
- Test within 3-5 Days after last exposure.
- Close contacts should wear a well-fitting mask around others for a total of 10 Days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease.
- Strongly encouraged to get vaccinated or boosted.
- If symptoms develop, test, and stay at home, AND
- **If test result is positive, follow the column "I tested positive for COVID-19."**
- Option to work remotely, use sick or PTO

### Recommended Action:

- Stay home for at least 5 days, after last exposure.
- Work exclusion can end after Day 5 if symptoms are not present, **and** a diagnostic specimen collected on Day 5 or later tests negative.
- If unable to test or choosing not to test, and symptoms are not present, work exclusion can end after Day 10.
- Comply with masking guidance
- Strongly encouraged to get vaccinated or boosted.
- If symptoms develop, stay home and test as soon as possible; AND
- **If test result is positive, follow the column "I tested positive for COVID-19."**
- Option to work remotely, use sick or PTO

### Recommended Action:

- Stay home for at least 5 days after start of symptoms (or after date of first positive test if no symptoms).
- Isolation can end after Day 5 if symptoms are not present or are resolving, **and** test negative on day 5.
- If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end after Day 10 if fever-free for 24 hours without the use of fever-reducing medications.
- If fever is present, isolation should be continued until 24 hours after fever resolves.
- If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or after day 10
- Infected persons should wear a well-fitting mask around others for a total of 10-days, especially in indoor settings.
- Option of working remotely, sick or PTO

For more information, contact: CHC COVID-19 Committee
Donna Kronenberg: 510-266-7857 Email: dkronenberg@chchydro.com

Updated: 5-11-22