



COVID-19 ISOLATION AND PRECAUTIONS

Integrated Water Services, Inc.
(the Company)



Purpose

The purpose of this procedure is to maintain a healthy workforce and prevent the spread of the COVID-19 virus.

Scope

This procedure applies to all Company employees.

Summary

If you aren't feeling well, it is important to take care of yourself and to help keep others from getting sick. Please stay home and away from others if you aren't feeling well, regardless of the ailment.

If you believe you have COVID or are experiencing COVID symptoms, please stay home at least five (5) days, and return to work only when symptoms have subsided. Please follow the CDC Recommendations (below) if you believe you have COVID.

CDC Recommendations (9/18/2023)

Workers who test positive for COVID-19 should follow guidance from the [U.S. Centers for Disease Control and Prevention \(CDC\)](#), including its guidelines on [quarantining and isolation](#), to minimize safety risks.

If you have COVID-19, you can spread the virus to others. There are precautions you can take to prevent spreading it to others: isolation, masking, and avoiding contact with [people who are at high risk of getting very sick](#). Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19.

When to Isolate

Regardless of vaccination status, you should isolate from others when you have COVID-19.

You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have test results. If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.

IF YOU TEST NEGATIVE

You can end your isolation

IF YOU TEST POSITIVE

Follow the full isolation recommendations below

When you have COVID-19, isolation is counted in days, as follows:

IF YOU HAVE NO SYMPTOMS

- **Day 0 is the day you were tested** (not the day you received your positive test result)
- **Day 1 is the first full day** following the day you were tested
- If you develop [symptoms](#) within 10 days of when you were tested, the **clock restarts at**

IF YOU HAVE SYMPTOMS

- **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive
- **Day 1 is the first full day** after the day your [symptoms](#) started



day 0 on the day of symptom onset

Isolation

If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.**

You are **likely most infectious during these first 5 days.**

- **Wear a high-quality mask** if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask. For travel guidance, see CDC's [Travel webpage](#).
- [Do not travel](#).
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation](#) at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.
- Learn more about [what to do if you have COVID-19](#).

Ending Isolation

End isolation based on how serious your COVID-19 symptoms were. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you have no symptoms:

You may end isolation after day 5.

If you have symptoms and:

Your symptoms are improving

You may end isolation after day 5 if:

- You are fever-free for 24 hours (without the use of fever-reducing medication).

Your symptoms are not improving

Continue to isolate until:

- You are fever-free for 24 hours (without the use of fever-reducing medication).
- Your symptoms are improving.

If you have symptoms and have:

Moderate illness (you experienced shortness of breath or had difficulty breathing)

You need to **isolate through day 10.**

Severe illness (you were hospitalized) or have a weakened immune system.

- You need to **isolate through day 10.**
- **Consult your doctor** before ending isolation.
- Ending isolation without a viral test may not be an option for you.

If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.



For more information on how to respond to the COVID-19 virus please visit the [U.S. Centers for Disease Control](https://www.cdc.gov) website.