



COVID-19 Guidelines

YOU NEED TO STAY HOME/GO HOME IF:

Updated 12/3/2020

Recommendations are subject to change as additional information becomes available

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OF THE FOLLOWING:

- Headache
- Body Aches
- Chills
- Sore Throat
- Nausea
- Vomiting
- Diarrhea
- Sinus Congestion/Runny Nose

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OF THE FOLLOWING:

- Fever of 100+
- New Cough
- Shortness of Breath
- Difficulty Breathing
- Loss of Taste or Smell

OR

OR

Exposure to COVID-19

Been within 6 feet of someone diagnosed with COVID-19 for at least 15 cumulative minutes within a 24-hour period anytime from the 48 hours before their symptom onset (or test date) through at least 10 days after symptom onset (or test date)

WHEN CAN I RETURN TO WORK/SCHOOL/DAY CARE?

POSITIVE COVID-19 TEST

MAY RETURN AFTER 10 DAYS
AND
AT LEAST 24 HOURS FEVER FREE WITHOUT ANY MEDICATION
AND
SYMPTOMS HAVE IMPROVED

NO COVID-19 TEST

MAY RETURN AFTER 10 DAYS
AND
AT LEAST 24 HOURS FEVER FREE WITHOUT ANY MEDICATION
AND
SYMPTOMS HAVE IMPROVED

NEGATIVE COVID-19 TEST

AT LEAST 24 HOURS FEVER FREE WITHOUT ANY MEDICATION
AND
SYMPTOMS HAVE IMPROVED
AND
NO KNOWN CONTACT WITH SOMEONE WHO HAS TESTED POSITIVE

EXPOSURE TO COVID-19

MAY RETURN AFTER:
Option 1: 14 DAYS
Option 2: 10 DAYS*
Option 3: 7 DAYS*
FROM LAST CONTACT
AND
WITH NO SYMPTOMS
(*Please see reverse for details)