

FHCSD COVID-19 Return to Work Guidance

4/21/2023

COVID Exposure follow-up – Exposure date is day 0

Employees should report unmasked exposures to those known to have COVID-19 to their supervisor. Employees should self-monitor closely for symptoms. If any symptoms present, employees will leave work/not report to work and seek a PCR test (see instructions above). If the employee remains symptom-free, on days 2 and 5 after the exposure, the employee should get tested for COVID-19. If testing at FHCSD, should be registered as **COVID Self-Swab without symptoms**. Exposed employees should wear an N95 or KN95 mask while at work in the week following the exposure, and should avoid eating with others.

Mild to Moderate Symptoms of COVID – Symptom onset date is day 0

Get tested with PCR test. If testing at FHCSD, should be registered as **COVID self-swab with symptoms**. Will receive rapid and PCR tests. If PCR test is negative, can return when symptoms are improving and 24 hours without fever without the use of fever-reducing medications.

If Positive Day 5 – If symptoms are improving and no fever for 24 hours without the use of fever-reducing medication, get lab-confirmed rapid test. If testing at FHCSD, should be registered as **Employee Day 5 Return to work**.

If test results negative, may return on day 6. If results are positive, can continue to test until negative. Regardless of results, can return on day 11. When returning to work, wear well-fitting N95 or KN95 mask through day 10.

COVID Exposure with no symptoms of COVID, but COVID test is positive – Test date is day 0

Day 5 –Get lab-confirmed rapid test. If testing at FHCSD, should be registered as **Employee Day 5 Return to work**.

If test results negative, may return on day 6. If results are positive, can continue to test until negative. Regardless of results, can return on day 11. When returning to work, wear well-fitting N95 or KN95 mask through day 10.

If employee tests positive and symptoms are severe or critical – Symptom onset date is day 0

May return to work on day 11 if symptoms are improving and no fever for 24 hours without the use of fever-reducing medications. Descriptions of mild, moderate, severe and critical illness below.

COVID SYMPTOMS - SEVERITY OF ILLNESS

Mild Illness: Individuals who have any of the various signs and symptoms of COVID-19 (e.g., fever, cough, sore throat, malaise, headache, muscle pain, etc.) without shortness of breath, dyspnea, or abnormal chest imaging.

Moderate Illness: Individuals who have evidence of lower respiratory disease, by clinical assessment or imaging, and a saturation of oxygen (SpO₂) ≥94% on room air at sea level.

Severe Illness: Individuals who have respiratory frequency >30 breaths per minute, SpO₂ <94% on room air at sea level (or, for patients with chronic hypoxemia, a decrease from baseline of >3%), ratio of arterial partial pressure of oxygen to fraction of inspired oxygen (PaO₂/FiO₂) <300 mmHg, or lung infiltrates >50%.

Critical Illness: Individuals who have respiratory failure, septic shock, and/or multiple organ dysfunction.

The CDC continues to update their website with a list of possible symptoms:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>