

Employee Guidelines if Exposed or Develop Symptoms of COVID-19

| | A What if I have been diagnosed with COVID-19? | B What if I have COVID-19 symptoms? | C What if I've had close contact with someone with confirmed COVID-19?* | D What if a member of my household has been diagnosed with COVID-19? | E What if a member of my household has had close contact with someone with confirmed COVID-19?* |
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| STEP 1 | Do not go to work! | Do not go to work (if at work, go straight home)! | If you were not fully vaccinated prior to the close contact, do not go to work! | Refer to Column C, and if you were not fully vaccinated prior to the close contact, do not go to work! | Refer to Column C, and if they or you are experiencing symptoms, or you are advised to quarantine by your health care provider, do not go to work! |
| STEP 2 | Call your Supervisor/HR | Call your Supervisor/HR | Call your Supervisor/HR | Call your Supervisor/HR | Call your Supervisor/HR |
| STEP 3 | Work with your supervisor and/or HR to notify all persons with whom you were in close contact*. You may return to work if 10 days have passed since symptoms first appeared AND 24 hours free of fever of 100.4 or higher, and COVID-19 symptoms have improved. | It is recommended you stay home and away from other people. Contact your health care provider and follow treatment advice. Work with your supervisor and/or HR to notify all persons with whom you were in close contact at work. | Work with your supervisor and/or HR to notify all persons with whom you were in close contact*. | Work with your supervisor and/or HR to notify all persons with whom you were in close contact*. | Refer to Column C. If you are not going to work, contact your supervisor and/or HR to notify all persons with whom you were in close contact. |
| STEP 4 | You may return to work if 10 days have passed since symptoms first appeared AND 24 hours free of fever of 100.4 or higher, and COVID-19 symptoms have improved. | You may return to work if 10 days have passed since symptoms first appeared AND 24 hours free of fever of 100.4 or higher, and COVID-19 symptoms have improved. | If you were fully vaccinated prior to the contact and have no symptoms you may return to work. If you were not fully vaccinated, you must self-quarantine and self-monitor for 10 days (or 7 days followed by negative COVID test) or as advised by your health care provider. You are <u>strongly</u> encouraged to get a COVID-19 test. If symptoms appear, refer to column A. | Self-quarantine and self-monitor for 10 days (or 7 days followed by negative COVID test) or as advised by your health care provider. You are <u>strongly</u> encouraged to get a COVID-19 test. If symptoms appear, refer to column A. | Self-quarantine and self-monitor for 10 days (or 7 days followed by negative COVID test) or as advised by your health care provider. You are <u>strongly</u> encouraged to get a COVID-19 test. If symptoms appear refer to column A. |

IF NOT SICK AND NONE OF THE ABOVE, PLEASE GO TO WORK!

Note: This information is meant to act as a framework to how your employer may respond to exposures and confirmed cases of COVID-19. This is also based on information considered reliable from Cal/OSHA, CDPH, and CDC, but we cannot assure its effectiveness or that all potential exposures are addressed. As directives are updated regularly, this information does not ensure compliance with federal, state, county, or local regulations. For testing, contact your medical provider or Human Resources.

*<6 feet from them for >15 minutes within a 24-hour period with or without face coverings