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| **Situation** | **Guidelines to follow** | **Notes** |
| If you have COVID Symptoms (see list below) | Quarantine and stay home from work for 5 days.  Get a COVID test 3-5 days after onset of symptoms. | Day 0 is when your symptoms start  Regardless of vaccination status  We will accept at home, rapid, and PCR tests and will reimburse costs if needed.  Some symptoms will fall into our overall wellness policy (i.e. you recover from a stomach bug and 24 hours have passes since you have had any symptoms).  Wear a mask until symptoms subside. |
| If you were directly exposed to someone with COVID | Resume work as normal and mask for 10 days from date of exposure.  Test on day 5 from exposure.   * If test is positive, follow guidelines below * If test is negative, continue with 10 day mask duration from date of exposure. | Close contact to occurs when you are within six feet of someone who is showing symptoms of COVID-19, for **at least 15 minutes**, or an infected person who shows no symptoms but later tests positive for the coronavirus.  Regardless of vaccination status |
| If you test positive for COVID | Isolate and stay home from work for 5 days  After 5 full days, if you are fever free for >24 hours without medicine + your other symptoms have improved significantly, you may end your isolation.  If you have a fever + other symptoms, continue to stay home until they resolve. | Day 0 is when your symptoms start  Regardless of vaccination status  If you prefer to test, the best approach is to test toward the end of the 5 day isolation period.  Wear a mask 10 days from exposure or onset of symptoms. |

**COVID Symptoms include:**

* Fever or chills \* New loss of taste or smell
* Cough \* Sore throat
* Shortness of breath or difficulty breathing \* Congestion or runny nose + 1 other symptom from list
* Fatigue \* Nausea or vomiting
* Muscle or body aches \* Diarrhea
* Headache