



COVID-19 Guidelines*

Both PCR and Rapid Test will be accepted.

According to the CDC¹, fully vaccinated is defined as two weeks following either series of Pfizer/Moderna or single J&J COVID-19 vaccine.

A return to work/school is the final decision of the TLC HR and/or Nursing Office.

SYMPTOMATIC:

If you have one or more of these symptoms:

- Fever (100.0 F or higher)/ Chills
- Difficulty breathing/shortness of breath
- Loss of taste or smell
- Muscle/body aches
- Cough
- Sore throat
- Nausea, vomiting, or diarrhea
- Headache
- Fatigue
- Nasal congestion or runny nose

You **may not** return to work/school until you are:

- Fever free for 24 hours without fever reducing medication;
- Have improved symptoms.

You may also be asked to submit a medical diagnosis or negative test result.

IDENTIFIED AS A CLOSE CONTACT:

AT SCHOOL:

Exempt from Testing and Quarantine:

- Asymptomatic and fully vaccinated;
- Classroom close contacts – if both individuals were masked and space 3 feet apart;
- Bus close contacts – masks on, windows open;
- Have had COVID within the past 90 days.

Must Test & Quarantine:

If you are unvaccinated OR symptomatic, you **may not** return to work/school until you:

- Get a negative result;
- Are fever free for 24 hours without fever reducing medication, and;
- Have improved symptoms.

OUTSIDE OF SCHOOL:

You have been within 6-feet of a COVID-19 positive individual while indoors, for at least 15 minutes during a 24-hour period.

Exempt from Testing and Quarantine:

- Asymptomatic and fully vaccinated
- Have had COVID within the past 90 days.

Must Test & Quarantine:

If you are unvaccinated OR symptomatic, you **may not** return to work/school until you:

- Get a negative result;
- Are fever free for 24 hours without fever reducing medication, and;
- Have improved symptoms.

TEST POSITIVE FOR COVID-19:

Quarantine for minimum of 5 days, beginning from onset of symptoms OR the day the test was taken.

You may return to school/work on Day 6 **as long as:**

- You have no symptoms;
- You continue to wear a mask whenever you are around others;
- You have been fever-free for at least 24 hours without fever-reducing medication.

Updated 1/2022

*As guided by DESE (<https://www.doe.mass.edu/covid19/>), DPH (<https://www.mass.gov/covid-19-updates-and-information>), and CDC (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>) protocols
¹<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/reporting-vaccinations.html#:~:text=To%20ensure%20adequate%20time%20for,dose%20of%20Janssen%20vaccine.>