



# COVID-19 Guidelines\*

Both PCR and Rapid Test will be accepted.

According to the CDC<sup>1</sup>, 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;
- Receive a negative test; OR
- Return to work/school on Day 6 if asymptomatic.

**You may also be asked to submit a medical diagnosis.**

## 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 more than 3 feet apart;
- Bus close contacts – masks on, windows open;
- Have had COVID within the past 90 days and are asymptomatic.

#### Must Quarantine:

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

- Quarantine for five days;
- May return on Day 6 if asymptomatic, and;
- Continue to wear a mask until Day 10 and monitor for 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 Quarantine:

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

#### Must Quarantine:

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

- Quarantine for five days;
- May return on Day 6 if asymptomatic, and;
- Continue to wear a mask until Day 10 and monitor for symptoms.

## TEST POSITIVE FOR COVID-19:

**Isolate 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;
- You continue to monitor symptoms until Day 10.

Updated 2/2022