## Town of Ludlow -- COVID-19 Return to Work Policy

## I'VE BEEN EXPOSED TO COVID-19 - WHAT SHOULD I DO? I have been exposed to someone with known COVID-19. (Had close contact, at less than 6 feet away, for more than 15 minutes and was unmasked). **SCENARIO** I am unvaccinated, AND I do not have any #1 symptoms. **UPDATE:** Quarantine is *required* for all unvaccinated persons and those who have not been fully vaccinated (undergoing the complete series of vaccine for the two-dose series of Moderna or Pfizer and/or the 14 days after the complete two vaccine series or one-dose vaccine of Janssen has not been completed) prior to exposure. I HAVE COVID-19 SYMPTOMS – WHAT DO I DO? I am experiencing COVID-19 symptoms, **SCENARIO** OR #2 I started developing COVID-19 symptoms while in a 10-day quarantine. I HAVE TESTED POSITIVE - WHAT SHOULD I DO? I tested **POSITIVE** for COVID-19, **AND**

## **QUARANTINE / ISOLATION GUIDELINES**

You must quarantine for 10 days from the date of last exposure to an individual with known COVID-19;

#### OR

You must guarantine for **7 days** from the date of last exposure.

For example, if a person residing in your home is COVID-19 positive or symptomatic, **your** quarantine period begins on the first FULL-day after initial exposure AND extends 10 days, provided that the person who tested positive is symptom FREE at the end of your quarantine period.

## WHEN CAN I RETURN TO **NORMAL ACTIVITES / WORK?**

#### Release on Day 11 after last exposure, IF:

• The person has not experienced any symptoms up to that point;

#### AND

• The person conducts active monitoring through Day 14.

No test is necessary under this option.

## Release on Day 8 after last exposure, IF:

- A \*test taken on Day 5 or later is negative;
- The person has not experienced any symptoms; AND
- The person conducts active monitoring through
- 1. Get tested for COVID-19 immediately. Remain in quarantine until \*test results come back.
- 2. **If negative**, worker may return to work with results given to Human Resources prior to your return.
- 3. **If positive**, follow Scenario 3.

1. Get \*tested for COVID-19. If you test positive, you must isolate.

# UNVACCINATED workers ONLY.

**SCENARIO** #3

I DO NOT HAVE ANY symptoms.

• I DO HAVE symptoms.

Whether you **DO** or **DO NOT** have symptoms,

Vaccinated and unvaccinated workers.

• You must isolate for at least **10 days** from the date of your positive test results, OR

• You must isolate for at least 10 days from the start of your symptoms.

#### **Asymptomatic**

At least 10 days have passed since the first positive COVID-19 diagnostic (test was taken), assuming symptoms did not subsequently develop.

### Symptomatic

- At least 24 hours have passed since recovery (defined as having no fever without the use of fever-reducing medications; AND improvement in symptoms; AND
- At least **10 days** have passed since symptoms first appeared.

For more information please contact Public Health Nurse, Angela Kramer, at (413) 583-5600, ext. 1267 or (413) 454-5178.

Quarantine is for persons who have been exposed to someone who is COVID-19 positive but are not exhibiting any symptoms and have not tested positive. NOTE: Persons who had COVID-19 in the last 90 days (from day of symptom onset or day of first positive test if asymptomatic), AND persons who have received either two doses of the Moderna or Pfizer COVID-19 vaccines or a single dose of the Janssen COVID-19 vaccine at least 14 days ago, are **not** required to quarantine following an exposure.

Isolation is for persons who have either tested positive for COVID-19 or who are exhibiting symptoms of COVID-19 AND have been told by a provider that they have or probably have COVID-19, even in the absence of a \*test.