

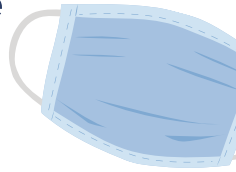


Diocese of Owensboro

COVID-19 and the Workplace

Local health departments have the final authority when it comes to an individual's length of quarantine. Regardless if you assume you meet any of the quarantine criteria outlined here, you must adhere to the local health department's guidance.

1. YOU are NOT sick and have NOT been in contact with someone with COVID-19:



Guidelines to be at the Workplace:

- Employees must self-screen at home prior to heading to the workplace.
- We strongly encourage all employees to wear a face mask unless in your own enclosed office space. This includes a strong recommendation to mask at all meetings, regardless if social distancing can be maintained.
- You should distance at least 6 feet away from co-workers and visitors.
- You must wash your hands frequently, sanitize, clean frequently touched item, etc.

2. YOU are NOT sick but someone in your household does not feel well:



Guidelines for Staying Home or Returning to the Workplace:

- If the household member does NOT have COVID-19 symptoms (see a list of symptoms below), follow section 1 above.
- If the household member HAS symptoms of COVID-19, follow section 4.

3. YOU were in close and direct contact with someone with COVID-19 who lives outside your household but YOU are NOT sick or showing signs and symptoms:

Guidelines for Unvaccinated Individuals Staying Home or Returning to the Workplace:

- Please let your workplace know which quarantine option you are following.
- Individuals in quarantine should self-monitor for signs and symptoms of illness. If symptoms occur, they should contact their healthcare provider and follow section 4.
- You may work from home during your quarantine.

Quarantine as follows:

1. Quarantine for 10 days from your last exposure and have NO symptoms;
2. Quarantine for 7 days if you have a negative COVID-19 test on or after Day 5 and have NO symptoms;
3. In multifamily homes, if the positive case can isolate, then close contacts can quarantine for 10 days; however, if there are multiple family members positive or showing symptoms, the health department must be consulted.

Daily symptom monitoring continues through Day 14 and, the individual must strictly adhere to other recommendations such as mask use. They should be advised that if any symptoms develop, they should immediately self-isolate and get tested.

****Vaccinated persons** with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they remain asymptomatic after exposure and if their contact is more than 14 days from their final dose of the COVID-19 vaccine. However, they must wear a mask at workplace and recommended to be tested 3-5 days after exposure.

In general, people do not need to wear masks when outdoors, though mask use may be considered in outdoor settings that involve sustained close contact with other people who are not fully vaccinated.

DIRECT CONTACT:

Defined as anyone who was within 6 feet of an infected COVID-19 person for at least 15 minutes cumulative starting 48 hours before the person began feeling sick.

COVID-19 SYMPTOMS:

Fever of 100.4 (or higher) or chills; new cough; shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; or diarrhea.



Diocese of Owensboro

COVID-19 and the Workplace

4. YOU are sick with COVID-19 symptoms but have NOT been tested for COVID-19:

Guidelines for Staying Home or Returning to the Workplace:

- Employees must self-screen at home prior to heading to the workplace.
- Those who have COVID-19 symptoms (could be only one symptom) should immediately isolate and contact their medical provider or use telehealth for further instructions. Those unvaccinated individuals that reside in the same residence with the individual with the COVID-19 symptom(s) also need to isolate and wait for the directions of the medical provider. Vaccinated individuals that reside in the same residence with the individual with the COVID-19 symptom(s) may return to the workplace if they remain asymptomatic but must wear a mask.
- Individuals with symptoms may return to the workplace when symptom-free and fever-free for at least 24 hours (without fever reducing medication) and with a health care provider's clearance. Other unvaccinated individuals in the household may return to the workplace after a healthcare provider has provided an alternative diagnosis (i.e. strep throat, sinus infection, ear infection, etc) for the ill individual. All must have a clearance to return to the workplace.
- If the household member HAS COVID-19, follow section 5.

5. YOU or someone in your household (regardless of vaccination status) are sick and your healthcare provider told you that YOU are POSITIVE for COVID-19 (based on lab test or symptoms):

Guidelines to be at Home:

- Notify the workplace.
- Those who test positive must provide complete information to the public health department for contact tracing purposes.
- Those who are tested for COVID-19 must stay in constant contact with the COVID-19 testing location so that the public health department can be notified immediately of any positive results so contact tracing can start right away.
- Separate yourself from others in your household, do not share anything (utensils, phone, etc.), and isolate as follows:
 - Those who tested positive but never develop symptoms can end isolation after 10 days since the positive test.
 - Those who tested positive and have moderate to mild symptoms can end isolation after 10 days since the first symptoms appeared; if at least 24 hours have passed without a fever and other symptoms have improved.
 - Those who tested positive and have severe illness may need to continue isolation for a full 20 days.
 - In all cases, the isolation guidance from the local health department should be followed.
- Those unvaccinated individuals that reside in the same residence with the individual who tested positive for COVID-19 need to receive a release from the local health department working in conjunction with your employer.

Guidelines to be at the Workplace:

- Those who test positive for COVID-19 and have completed their quarantine and have been symptom-free for 24 hours may return to the workplace.
- Those returning to the workplace after being released from isolation after having been tested positive for COVID-19 should wear a face mask at all times and should be also be restricted from being around any immunocompromised individuals.