

## QUICK REFERENCE: Exposure to COVID-19

### Administrative Order 20-7v4

Order Effective Date: December 1, 2020



## What to Do for Exposure to COVID-19

NOTE: Once an individual has been Exposed to someone with a Confirmed Case of COVID-19, the exposed individual MUST quarantine for 14 days, even if the exposed individual has a negative test for COVID-19. Since it can take from 2 to 14 days following exposure for symptoms to emerge, the full 14-day quarantine period after Close Contact must be observed.

### Employees and Contractors Exposed to COVID-19 (May not apply to Critical Infrastructure Workers who have been instructed to follow adapted procedures<sup>1</sup>)

- Should not report to work and should remain at home.
- Should notify their supervisor of their status as soon as possible.
- Should self-quarantine for full 14-day period, following [CDC guidelines for quarantining](#).
- May be tested for COVID-19 from 5 to 14 days after Exposure or sooner if Symptoms occur.
- May telework if able.

### New! Employees and Contractors Exposed to COVID-19 who have had Positive Cases of COVID-19 in the past 90 days

Individuals who have recovered from a confirmed case of COVID-19 and who are subsequently exposed to COVID-19 do NOT need to quarantine after exposure as long as:

- Their positive test for COVID-19 was within the past 90 days, where the day of the initial positive test was day zero; **AND**
- They have met the return to work criteria for individuals with a Confirmed Case of COVID-19 (see Administrative Order 20-7, Section II.C); **AND**
- They have no current Symptoms Compatible with COVID-19.

### Managers Notified of Individuals Exposed to COVID-19

- No specific actions are required if employees or contractors have had Exposure to individuals with confirmed cases of COVID-19 beyond requiring the Exposed employee(s) to Quarantine.

### Return to Work for Individuals Exposed to COVID-19

- Employees may return to work 14 days after their last exposure to an individual with COVID-19, as long as employees exhibit no symptoms for COVID-19.
- Note that a negative test for COVID-19 does NOT reduce the length of the quarantine.
- See [CDC guidelines for quarantining](#) for detailed information on how to determine the length of quarantine if multiple household members have Confirmed Cases of COVID-19.

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<sup>1</sup> Note that Critical Infrastructure Workers with Exposure and no Symptoms may be instructed by their managers to follow an adapted Quarantine. See Administrative Order 20-7 V. for details or Guide to Exposure to COVID-19 for Critical Infrastructure Employees.

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## Important Definitions

- **Close Contact:**<sup>2</sup> A person with Close Contact is someone who:
  - i. Was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for an asymptomatic infected person, 2 days prior to test specimen collection) until the time the infected person is isolated. This is the definition **regardless of whether face masks or personal protective equipment (PPE) were worn by any or all individuals**, and/or
  - ii. Provided care at home to an infected person; and/or
  - iii. Had direct physical contact with an infected person (touched, hugged, or kissed them); and/or
  - iv. Shared eating or drinking utensils with an infected person; and/or
  - v. Got respiratory droplets (for example, was sneezed or coughed on) on them from an infected person.
- **Confirmed Case of COVID-19:** A case of COVID-19 that has been confirmed through a positive test for COVID-19 OR has been confirmed by a medical professional as being a suspected case of COVID-19 based on symptoms.
- **Contractor:** For the purpose of this order a contractor is an individual working alongside County employees as part of the overall County workforce.
- **Critical Infrastructure Worker:** The Centers for Disease Control (CDC) defines a Critical Infrastructure Worker as one needed to deliver critical services, including law enforcement, transportation, 911 call center, and others. See the [CDC guidelines](#) for a complete list
- **Exposure to COVID-19 (Exposure):** Any form of Close Contact with an individual with a Confirmed Case of COVID-19 during the last 14 days.
- **Quarantine:** Keeps **someone who might have been exposed** to the virus away from others. When you quarantine, you should:
  - Stay home!
  - Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19
  - If possible, stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19
- **Symptoms Compatible with COVID-19:** Please note that symptoms may appear from 2 to 14 days following exposure. Also see the [CDC self-check tool](#) for identifying COVID-19 symptoms. The following symptoms may be symptoms of COVID-19 if they are new for you or if you do not commonly experience them:

○ Feverish or temperature of 100.4 <sup>0</sup> F (38 <sup>0</sup> C) or higher <sup>3</sup>	○ New loss of taste or smell
○ Chills	○ New sore throat
○ Nausea or vomiting	○ New cough
○ Diarrhea	○ Headache that is new or different for you
○ New shortness of breath or difficulty breathing	○ Unexpected fatigue
○ New congestion or runny nose	○ Unexpected muscle or body aches

<sup>2</sup> For employees at work in a healthcare or medical setting, Close Contact does not qualify if the CDC-recommended PPE was used when job duties were performed.

<sup>3</sup> Note that the threshold for fever in healthcare workers is temperature of 100.00F.