Employee Guidelines: COVID Symptoms & Testing

Should I go to work?

In the last 14 days, have you experienced any of the following symptoms:
- A new fever (100.4 F or higher) or sense of having a fever?
- A new cough that you cannot attribute to another health condition?
- New shortness of breath that you cannot attribute to another health condition?

And _any two_ of the following that you cannot attribute to another health condition or a specific activity, such as physical exercise:
- New sore throat?
- New muscle aches?
- New respiratory symptoms, such as sore throat, runny nose/nasal congestion, or sneezing?
- New chills or repeated shaking with chills?
- New loss of taste or smell?
- New loss of appetite, diarrhea, or vomiting?

YES → **You may not report to work. Notify your supervisor and contact your healthcare provider immediately.**

NO (to all)

- Are you living with or caring for anyone with suspected or confirmed COVID-19?
- Have you been in **close contact** with anyone with suspected or known COVID-19?

NOTE: If you are fully-vaccinated or have tested positive for COV/D within the past 90 days you may answer "no" to these questions.

YES (to either) → **You may not report to work. Notify your supervisor.**

NO (to both)

If you exhibit any of the symptoms listed above during your work shift, report this to your supervisor. You will be sent home and **not permitted to return to work until you are fever-free for 24 hours without the use of fever-reducing medications, AND at least 10 days have passed since symptoms first appeared.**
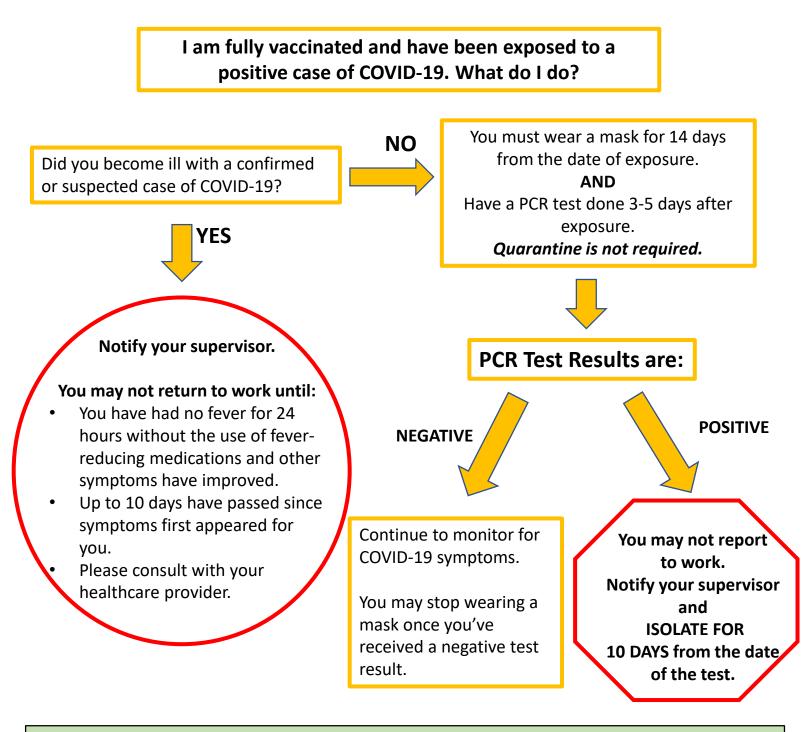
If you are not fully vaccinated and have been exposed to COVID-19, a quarantine period of 14 days is required. Quarantine may be shortened to 10 days if a PCR test collected 5-7 days after exposure is negative, and you remain symptom free. If you choose not to test and you remain symptom free after 14 days, you may return to work. Please stay in touch with your supervisor to let them know your condition during the quarantine period.

If you are fully-vaccinated, have been exposed to COVID-19, and do not have any of the symptoms listed above, you are not required to self-quarantine.

Self-Quarantine
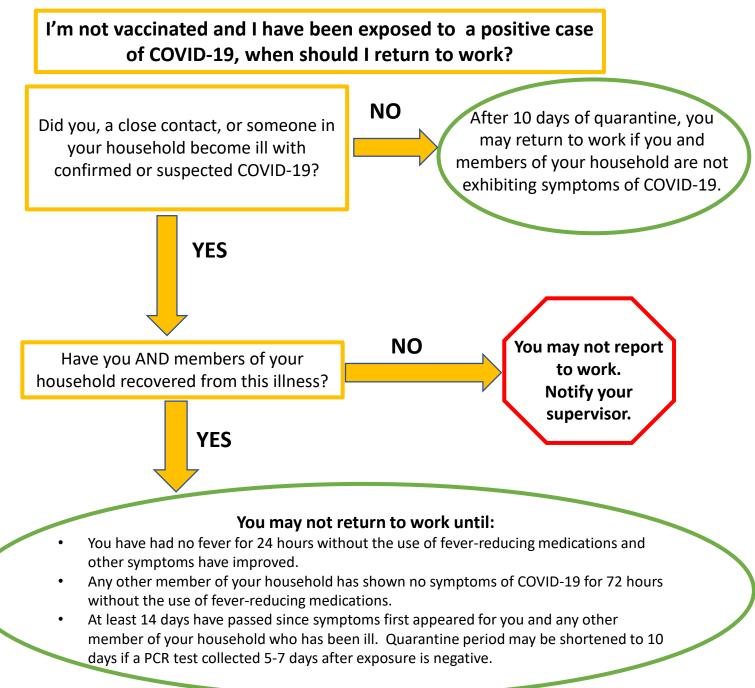1. Monitor your health for fever, cough, and shortness of breath during the 10-14 days after the last day you were in close contact with the sick person.
2. Do not go to work or school, and avoid public places for 10-14 days.
3. If you become ill during this period, contact your health care provider.

Critical infrastructure employees should reference the PLU Return to Work Guide for additional information

I am fully vaccinated and have been exposed to a positive case of COVID-19. What do I do?

Did you become ill with a confirmed or suspected case of COVID-19?

NO

You must wear a mask for 14 days from the date of exposure.
AND
Have a PCR test done 3-5 days after exposure.
Quarantine is not required.

YES

Notify your supervisor.

You may not return to work until:
- You have had no fever for 24 hours without the use of fever-reducing medications and other symptoms have improved.
- Up to 10 days have passed since symptoms first appeared for you.
- Please consult with your healthcare provider.

PCR Test Results are:

NEGATIVE

POSITIVE

Continue to monitor for COVID-19 symptoms.

You may stop wearing a mask once you've received a negative test result.

**You may not report to work.
Notify your supervisor and
ISOLATE FOR
10 DAYS from the date of the test.**

Individuals are considered fully vaccinated for COVID-19 two weeks after they have received the second dose in a 2-dose series (Pfizer of Moderna), or two weeks after they have received a single-dose vaccine (Johnson and Johnson).

"Suspected" is any case exhibiting COVID-19 symptoms or where a health care provider believes the person has COVID-19 .

I'm not vaccinated and I have been exposed to a positive case of COVID-19, when should I return to work?

Did you, a close contact, or someone in your household become ill with confirmed or suspected COVID-19?

NO →

After 10 days of quarantine, you may return to work if you and members of your household are not exhibiting symptoms of COVID-19.

YES ↓

Have you AND members of your household recovered from this illness?

NO →

You may not report to work. Notify your supervisor.

YES ↓

You may not return to work until:
- You have had no fever for 24 hours without the use of fever-reducing medications and other symptoms have improved.
- Any other member of your household has shown no symptoms of COVID-19 for 72 hours without the use of fever-reducing medications.
- At least 14 days have passed since symptoms first appeared for you and any other member of your household who has been ill. Quarantine period may be shortened to 10 days if a PCR test collected 5-7 days after exposure is negative.
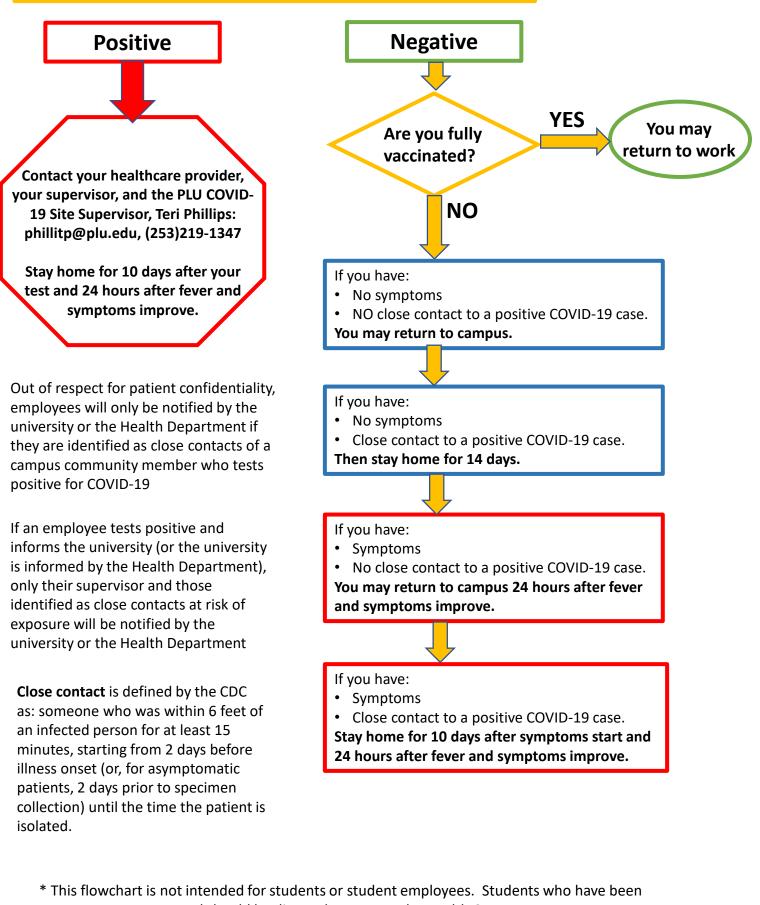
A "close contact" is defined by the CDC as: someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated.

"Suspected" is any case exhibiting COVID-19 symptoms or where a health care provider believes the person has COVID-19.

Self-Quarantine
1. **Monitor your health for fever, cough, and shortness of breath during the 10-14 days after the last day you were in close contact with the sick person.**
2. **Do not go to work or school, and avoid public places for 10-14 days.**
3. **If you become ill during this period, contact your health care provider.**

*I've been tested for COVID-19 and the test result is:

Positive

Contact your healthcare provider, your supervisor, and the PLU COVID-19 Site Supervisor, Teri Phillips: phillitp@plu.edu, (253)219-1347

Stay home for 10 days after your test and 24 hours after fever and symptoms improve.

Out of respect for patient confidentiality, employees will only be notified by the university or the Health Department if they are identified as close contacts of a campus community member who tests positive for COVID-19

If an employee tests positive and informs the university (or the university is informed by the Health Department), only their supervisor and those identified as close contacts at risk of exposure will be notified by the university or the Health Department

Close contact is defined by the CDC as: someone who was within 6 feet of an infected person for at least 15 minutes, starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated.

Negative

Are you fully vaccinated?

YES → You may return to work

NO ↓

If you have:
- No symptoms
- NO close contact to a positive COVID-19 case.

You may return to campus.

If you have:
- No symptoms
- Close contact to a positive COVID-19 case.

Then stay home for 14 days.

If you have:
- Symptoms
- No close contact to a positive COVID-19 case.

You may return to campus 24 hours after fever and symptoms improve.

If you have:
- Symptoms
- Close contact to a positive COVID-19 case.

Stay home for 10 days after symptoms start and 24 hours after fever and symptoms improve.

* This flowchart is not intended for students or student employees. Students who have been tested should be directed to contact the Health Center.