

## I'm feeling sick or I have illness symptoms:

Stay home, contact your supervisor, and monitor your symptoms. Do not self-diagnose. Consider getting a COVID test – it's the only way to know for sure if you have COVID-19. Follow the guidance below for when it is safe to return to work.

↓ Scenario ↓	↓ All ChildServe Team Members ↓
<p><b>I am <u>ill</u> with new onset of:</b></p> <ul style="list-style-type: none"> <li>– Fever ≥ 100.4°F (38°C)</li> <li>– Shortness of breath or difficulty breathing</li> <li>– Loss of taste or smell</li> <li>– Muscle or body aches</li> <li>– Nausea, vomiting or diarrhea</li> <li>– Congestion or runny nose</li> <li>– Chills</li> <li>– Cough</li> <li>– Fatigue</li> <li>– Headache</li> <li>– Sore throat</li> </ul> <p>Now what? →</p>	<p><b>I tested positive for COVID-19, I am waiting for my test results, or I have NOT been tested.</b></p> <p><b>Stay home and isolate from others until:</b></p> <p>At least <b>10 days</b> have passed since your symptoms first appeared <b>AND</b> Symptoms have <b>improved</b> <b>AND</b> Fever-free for at least <b>24 hours</b> without the use of fever-reducing medication</p>
	<p><b>I tested negative (through a PCR test) for COVID-19. (Rapid antigen test is not sufficient).</b></p> <p><b>When can I return to work?</b></p> <p>If you have <b>not</b> had known close contact* with anyone who had symptoms or tested positive for COVID-19... → You may return to work <b>24 HOURS</b> after fever and other symptoms <b>resolve</b> (without use of fever-reducing medicine)</p> <p><b>OR</b></p> <p>If you <b>have</b> had known close contact* with anyone who had symptoms or tested positive for COVID-19... → Continue to quarantine until <b>14 DAYS</b> after your last exposure to the symptomatic/positive-tested person. If you have been fully vaccinated, you can return to work 24 hours after all symptoms resolve (without use of fever-reducing medicine).</p>

\*Close contact = within 6 feet for a cumulative total of 15 or more minutes over a 24-hour period.

## I'm experiencing a vaccine response:

↓ Scenario ↓	↓ All ChildServe Team Members ↓
<p><b>I was vaccinated for COVID-19 in the last 72 hours.</b></p> <p>Now what? →</p>	<p><b>If you have ANY of the following, you are likely ill (unrelated to your recent vaccination):</b></p> <ul style="list-style-type: none"> <li style="width: 50%;">– Congestion or runny nose</li> <li style="width: 50%;">– Vomiting or diarrhea</li> <li style="width: 50%;">– Cough</li> <li style="width: 50%;">– Shortness of breath or difficulty breathing</li> <li style="width: 50%;">– Loss of taste or smell</li> <li style="width: 50%;">– Sore throat</li> </ul> <p style="text-align: right;">→ Stay home and follow the return to work guidance on the "I am ill" chart above.</p>
	<p><b>If you ONLY have the following and NONE of the above symptoms, your body is likely experiencing an immune response to the vaccine:</b></p> <ul style="list-style-type: none"> <li style="width: 50%;">– Chills</li> <li style="width: 50%;">– Headache</li> <li style="width: 50%;">– Fatigue</li> <li style="width: 50%;">– Muscle or body aches</li> <li style="width: 50%;">– Fever ≥ 100.4°F (38°C)</li> <li style="width: 50%;">– Nausea</li> </ul> <p style="text-align: right;">→ As long as you do not develop additional symptoms, you may return to work <b>24 HOURS</b> after symptoms <b>resolve</b> (without use of fever-reducing medicine)</p>

**I recently traveled:** No quarantine is currently required following travel. Learn more at: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/>

## I'm asymptomatic, but I tested positive:

↓ Scenario ↓	↓ All ChildServe Team Members ↓
<p><b>I am <i>well</i>, but tested positive for COVID-19. I have no symptoms.</b> Now what? →</p>	<p><b>Stay home and isolate from others until:</b></p> <ul style="list-style-type: none"> <li>– At least 10 days have passed since the date of your first positive test, and you have not developed any subsequent symptoms.</li> <li>– If symptoms develop, follow the guidance for illness on the reverse side of this chart. Your timeline restarts from the day your symptoms appear.</li> </ul>

## I'm not fully vaccinated and have been exposed to a positive individual or someone with COVID-19 symptoms:

↓ Scenario ↓	↓ Healthcare, Childcare or Direct Care Providers ↓	↓ All Other Team Members ↓
<p><b>I am <i>well</i> and have not been fully vaccinated, but I may have been exposed.</b> Now what? →</p> <div style="background-color: #e0e0e0; padding: 5px; border: 1px solid #ccc;"> <p><b>Exposure period:</b> 48 hours prior to an individual developing symptoms or getting a test that later comes back positive (whichever comes first).</p> </div>	<p><b>If any of the following are true in the last 14 days:</b></p> <ul style="list-style-type: none"> <li>– I had known close contact* within the exposure period with someone who has tested positive for COVID-19.</li> <li>– I provided care for a patient with symptoms of COVID-19 or who has tested positive for COVID-19, without using proper personal protective equipment (PPE).</li> <li>– I had known close contact* within the exposure period with a person visibly sick with COVID-19 symptoms or who says they are sick with COVID-19 symptoms.</li> </ul> <p><b>Then, you may continue to work as long as you:</b></p> <ul style="list-style-type: none"> <li>– Remain symptom-free.</li> <li>– Monitor your temperature at the start** of each shift.</li> <li>– Wear a mask while at work.</li> </ul>	<p><b>If you had known close contact* within the exposure period with someone who tested positive for COVID-19 in the last 14 days, then you must:</b></p> <ul style="list-style-type: none"> <li>– Stay home and monitor your health</li> <li>– Isolate from others in the house for 14 days after your last exposure.</li> </ul>
	<p><b>In all other situations, you may continue to work as long as you:</b></p> <ul style="list-style-type: none"> <li>– Remain symptom-free.</li> <li>– Monitor your temperature at the start** of each shift.</li> <li>– Wear a mask while at work.</li> </ul>	

\*\*Some services require temps at end of shift as well.

\*Close contact = within 6 feet for a cumulative total of 15 or more minutes over a 24-hour period.

## I'm fully vaccinated OR previously had COVID-19 and have been exposed to a positive individual:

↓ Scenario ↓	↓ All ChildServe Team Members ↓	
<p><b>I tested positive for COVID-19 in the last 3 months and have <i>recovered</i> OR am fully vaccinated.</b> Now what? →</p>	<p><b>If you have a new exposure to someone who tests positive for COVID-19:</b> →</p>	<p>You can continue to work as long as you do not develop symptoms.</p>
	<p><b>If you develop new symptoms:</b> →</p>	<p>Stay home and follow the “I am ill” guidance on the reverse side of this chart. Ask your primary care physician if you should get retested for COVID-19.</p>