



# Diocese of Owensboro

## COVID-19 and the Workplace and the Schools

If you have traveled to a state with a positivity rate for COVID-19 at or above 15%, you must quarantine at home for 10 days. Or, you may quarantine for 5 days and then take a COVID-19 test. Upon testing negative for COVID-19, you may then return to work or school, staying masked and socially distanced for the remaining 5 days at work and school.

**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 Work and/or School:

- Students and employees will be required to conduct a COVID-19 health pre-screening before attending work or school.
- Students and teachers will be required to get temperature checks daily upon arrival.
- You must wear a face mask unless in your own enclosed office space or permitted by the teacher to remove your face mask. This includes remaining masked at all meetings, regardless if social distance can be maintained.
- You must stay at least 6 feet away from co-workers, visitors and classmates.
- 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 Work and/or School:

- 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 3 below.

### 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 Staying Home or Returning to Work and/or School:

- Please let your employer/school 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 or do school from home during your quarantine.

#### Four different ways you may quarantine as long as you have NO symptoms:

1. Quarantine for **14 days**; especially if you are going to be around people that are high-risk for the virus: elderly, people with co-morbidities, immunocompromised (recommended);
2. Quarantine for **10 days** if you have **NO** symptoms;
3. Quarantine for **7 days** if you have a negative COVID-19 test on or after Day 5 and have **NO** symptoms;
4. Health department may require you quarantine from athletics for full **14 days**.

**\*\*Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all of the following criteria:**

- Are fully vaccinated (i.e., more than 2 weeks following receipt of the second dose in a 2-dose series, or more than two weeks following receipt of one dose of a single-dose vaccine).
- Are within 3 months following receipt of the last dose in the series.
- Have remained asymptomatic since the current COVID-19 exposure.

Persons who do not meet all 3 of the above criteria should continue to follow current quarantine guidance (sections 4 or 5) after exposure to someone with suspected or confirmed COVID-19.

#### 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; 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.



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

#### Guidelines for Staying Home or Returning to Work and/or School:

- Staff and students must self-screen at home prior to heading to work or school.
- Those who have either a fever of 100.4 F or higher OR only two COVID-19 symptoms should immediately isolate and contact their medical provider or use telehealth for further instructions. Those individuals that reside in the same residence with the individual with the fever only or two COVID-19 symptoms, DO NOT have to isolate. The individual with the symptoms must be symptom-free for 48 hours without fever reducing medication before returning to work or school, regardless of whether they've had a negative COVID-19 test.
- Those who have three or more COVID-19 symptoms, should immediately isolate and contact their medical provider or use telehealth for further instructions. Those individuals that reside in the same residence with the individual with the COVID-19 symptoms also need to isolate and wait for the directions of the medical provider. Individuals with symptoms may return to work or school when symptom-free and fever-free for at least 48 hours (without fever reducing medication) and with a health care provider's work or school clearance. Other individuals in the household may return to work or school 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 work or school clearance to return to work or school.

### 5. YOU or someone in your household 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 your employer or the school.
- 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 48 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 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 to return to work or school.
- You may work or do school work from home if you are able.

#### Guidelines to be at Work and/or School:

- Those who test positive for COVID-19 must receive a work or school clearance from the local public health department. You should bring a copy of your work or school clearance to your employer or the school.
- Those returning to work after being released from isolation after having been tested positive for COVID-19 should be reminded to wear a face mask at all times and should be also be restricted from being around any immunocompromised individuals.