

ONHIR – COVID-19 WORKPLACE SAFETY PLAN

In accordance with the **Centers for Disease Control (CDC)** and **Safer Federal Workplace Taskforce** guidelines for federal agencies, COVID-19 restrictions and protocols have been updated for Federal agencies and the public as of August 30, 2022. The exception to these updated protocols are local communities where the transmission level is high for COVID-19. The updated protocols and guidance are listed below and includes guidance for anyone who has been exposed to the COVID-19 virus or is experiencing COVID-19 symptoms.

CDC PROTOCOLS AND GUIDANCE FOR COVID-19 (EXCEPT FOR HIGH TRANSMISSION COMMUNITIES)

NO EXPOSURE TO OR NOT EXPERIENCING SYMPTOMS OF COVID-19

- Stay up to date on COVID-19 vaccinations, including recommended boosters.
- No masks required indoors in public unless COVID-19 transmission rate changes to high transmission level at the community level.
- A person may choose to wear a mask in public or indoors.
- Social distancing is no longer recommended unless exposed to someone who has COVID-19.

EXPOSURE TO OTHERS WITH COVID-19

- If you are exposed to someone with COVID-19 virus, take extra precautions around people at high risk for severe disease for 10 days.
- Wear a high-quality mask indoors and in public for 10 days.
- Get COVID-19 testing five days after exposure.
- A person with COVID -19 symptoms (see below) who suspects having contracted COVID-19 but has not tested positive should also isolate until they can be tested.
- Symptoms may not appear 2-14 days after exposure to the virus.
- Even if a person has tested negative for the COVID-19 virus using an at-home rapid test but continues to have COVID-19 symptoms (see below) that person should wait 48 hours and test a second time.

TESTING POSITIVE FOR COVID-19

- A person with COVID -19 symptoms who suspects having contracted COVID-19 but has not tested positive should isolate until they can be tested.
- Even if a person has tested negative for the virus using an at-home rapid test but continues to have COVID-19 symptoms, that person should wait 48 hours and test a second time.
- If a person tests positive for COVID-19 they must stay home for at least 5 days and isolate from others in your home. A person is most likely infectious during these first 5 days.

- A person testing positive should wear a high-quality mask when around others at home and in public through day 10.
- If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms, a person may end isolation after day 5.
- Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11.
- If an individual experiences moderate illness or severe illness, are hospitalized, or are immunocompromised, should plan to isolate for 10 days.
- If a person has a weakened immune system, consult your doctor before ending isolation.
- If a person is unsure if their symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.
- Clarifying that after you have ended isolation, if your COVID-19 symptoms worsen, restart your isolation at day 0.

COVID-19 SYMPTOMS (Per CDC)

- People with these symptoms may have COVID-19: Fever 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, diarrhea.
- Symptoms may appear 2-14 days after exposure to the virus.