



# 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 14 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 14 days at work and school.

### 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 or showing COVID-19 signs and symptoms but You were in close and direct contact with someone diagnosed with COVID-19:

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

- Notify your employer or the school.
- You must quarantine at home for 14 days from the last contact with the positive case. Isolate yourself from others in your household and do not share anything (utensils, phone, etc.) during this time. Contact your employer or the school after completing your quarantine and before returning to work or school.
- 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 the 14 day quarantine.

### 3. 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 4.

#### DIRECT CONTACT:

Defined as anyone who was within 6 feet of an infected COVID-19 person for at least 15 minutes starting 48 hours before the person began feeling sick.

#### COVID-19 SYMPTOMS:

New, uncontrolled cough that causes difficulty breathing, fever of 100.4 or higher, shortness of breath, chills, headache, muscle pain, diarrhea, nausea, vomiting, sore throat or loss of taste or smell.



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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.
- 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 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.
  - Those who tested positive and have moderate to mild symptoms can end isolation after 10 days if at least 24 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.
  - Those who were exposed to the virus but were never tested and have no symptoms should continue to quarantine for the full 14 days.
  - Those who have been exposed to the virus who have no symptoms and test negative for the virus should continue to quarantine for the full 14 days.
- 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.