

IMPORTANT INFORMATION ON RETURNING TO WORK

If you have been exposed to someone that has tested positive for COVID-19, or are experiencing COVID-19 symptoms, or have tested positive yourself, please review the following requirements from the Center for Disease Control and Wellesley Health Department, in order to return to work safely. Please keep in contact with Human Resources and your supervisor about your return to work. Any notes regarding your return to work from your treating physician may be sent directly to Jennifer Glover in Human Resources jglover@wellesley.ma.gov, and will be placed in your confidential medical file.

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

- Fever or chills
- Fatigue
- Sore throat
- Cough
- Muscle or body aches
- Congestion or runny nose
- Shortness of breath or difficulty breathing
- Headache
- Nausea or vomiting
- New loss of taste or smell
- Diarrhea

If you have recently had CLOSE CONTACT with a person with COVID-19, you will need to quarantine as follows:

Options	Criteria	Active Monitoring	Residual Risk
7 days of strict quarantine	Release on Day 8 if: A test (either PCR or antigen) taken on Day 5 or later is negative; AND You have not experienced any symptoms up to that point; AND You conduct active monitoring through Day 14	You must actively monitor symptoms and take temperature once daily. IF even mild symptoms develop or you have a temperature of 100.0 F, you must immediately self-isolate, contact the public health authority overseeing your quarantine and get tested.	Approximately 5% residual risk of disease development
10 days of strict quarantine	Release on Day 11 if: You have not experienced any symptoms up to that point; AND You conduct active monitoring through Day 14. No test is necessary under this option	You must actively monitor symptoms and take temperature once daily. IF even mild symptoms develop or you have a temperature of 100.0 F, you must immediately self-isolate, contact the public health authority overseeing your quarantine and get tested.	Approximately 1% residual risk of disease development
14 days of strict quarantine	Release on Day 15 if: You have experienced ANY symptoms during the quarantine period EVEN if they have a negative COVID-19 test; OR You are unwilling or unable to conduct active monitoring.	No additional active monitoring required	Maximal risk reduction

Once you have completed the above criteria **and** have no symptoms of COVID-19, **you may return to work.**

If you tested positive for COVID-19 but had no symptoms, you should isolate for 10 days. You can end isolation and return to work after:

- 10 days have passed since positive test **and** you still have no symptoms

If you tested positive for COVID-19 and have/had symptoms, you should isolate for 10 days. You may end isolation and return to work after:

- 10 days have passed since positive test or from the symptom onset date **and**
- Fever free without taking fever reducing medication for 24 hours **and**
- Significant improvement in symptoms

If you tested negative and have no more symptoms, you may return to work.

If you tested negative and still have symptoms, stay home until you are symptom free.

If you did not get tested, you may return to work after:

- You receive a note from your doctor that you do not have COVID **and**
- Significant improvement in symptoms