

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@wellesleyma.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:

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|---|------------------------------|----------------------------|
| ○ 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 |
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If you have recently had close contact with a person with COVID-19, you will need to remain quarantined for:

- at least 14 days from the date of last exposure; **or**
- at least 10 days, provided all of the following are satisfied:
 - you have not had, and do not have, any symptoms;
 - you are tested on day 8 of your quarantine period or later using a molecular diagnostic test (e.g., polymerase chain reaction (PCR)) to detect the presence of the virus;
 - you receive a negative test result; and
 - you monitor yourself for symptoms for the full 14 days. If you develop symptoms you should contact your health care provider and be re-tested.

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

If you are waiting for test results, or have cough, fever, or shortness of breath, or other symptoms of COVID-19, you should self-isolate.

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