

# Keeping our students and staff healthy



## When to stay home

### COVID-19: Symptoms, Positive Test

- ✓ In the past 24 hours, you have any symptoms of COVID-19 including: cough, fever of 100.4°F or greater, chills, shortness of breath or difficulty breathing, sore throat, muscle pain, new loss of taste or smell, nausea, vomiting, diarrhea, nasal congestion, runny nose or headache OR if in the past 48 hours you have experienced vomiting or diarrhea.
  - If, within the past 24 hours, you have taken medication to treat a fever (100.4° F or higher) such as ibuprofen (Advil, Motrin), acetaminophen (Tylenol), etc., **please stay home.**
- ✓ You have tested positive for COVID-19 and have not yet met criteria for return to work (no fever for 24 hours, 5 days since the start of symptoms, and symptoms are resolved or significantly improving).



## When to return to work

### Low Risk Symptoms

- ✓ Congestion/runny nose
- ✓ Nausea/vomiting
- ✓ Diarrhea
- ✓ Sore throat
- ✓ Headache
- ✓ Muscle aches/pains
- ✓ Fatigue

### IF YOU HAVE:

**1 LOW RISK SYMPTOM** you can return to work **24 hours** after symptoms resolve or are significantly improving.

For vomiting and diarrhea, you can return to work **48 hours** after symptoms resolve.

### High Risk Symptoms

- ✓ Cough
- ✓ Difficulty breathing
- ✓ Loss of taste or smell
- ✓ Fever of 100.4° or higher

### IF YOU HAVE:

**2 or more LOW RISK SYMPTOMS** and/or **1 HIGH RISK SYMPTOM** you can return **AFTER:**

- ✓ 5 days in isolation from symptoms onset **AND** meet the 2 criteria listed below:

- Individual symptoms resolved or significantly improving
- Fever-free > 24 hours without the use of fever reducing medication

OR

- ✓ You meet **ALL** of the following criteria:

- Negative COVID-19 test
- Individual symptoms resolved or significantly improving
- Fever-free > 24 hours without the use of fever reducing medication
- Vomiting and diarrhea-free > 48 hours

