Guidance for Staffing Decisions Related to COVID-19 for QCSD Employees/Contractors

In the last 14 days, have you or a member of your household experienced any of the following COVID-19 symptoms, unrelated to a chronic or pre-existing condition you may have (such as seasonal allergies, asthma, etc.)?

- Cough
- Shortness of breath
- Difficulty breathing
- New loss or altered sense of taste or smell

Group A (1 or more symptoms):

- Fever (100° or higher as registered prior to taking any fever reducing medication)
- Chills
- Rigors (Shivering/Shaking)
- Muscle aches or weakness
- Headache
- Sore throat
- Nausea or vomiting
- Diarrhea
- Fatigue
- Congestion or runny nose

- Headache
- Nausea or vomiting

Group B (2 or more symptoms):

- Have you been in close contact, defined as less than 6 feet apart for longer than 15 minutes, with someone who has been diagnosed with or tested positive for COVID-19?

- Have you recently been tested for COVID-19 and are still awaiting results?

- Have you had close contact, defined as less than 6 feet apart for longer than 15 minutes, with someone who has been diagnosed with or tested positive for COVID-19?

- Are you currently under the direction of a state/local health department or under the order of any medical professional to isolate or quarantine because of COVID-19?

- Have you had close contact, defined as less than 6 feet apart for longer than 15 minutes, with someone who has been diagnosed with or tested positive for COVID-19?

- Have you been in contact with someone who has been diagnosed with or tested positive for COVID-19?

When Can You Return to Work If You Have Experienced COVID-19 Symptoms?

If you are experiencing symptoms, you must stay home. You may return to work when the following conditions have been met:

1. You have a note from your medical provider or local health department that documents you are cleared to return to work.
2. The note must indicate your diagnosis, that you are symptom free of COVID-19, and that you can work full duty with no restrictions.
3. Complete 10 day isolation if COVID-19 test results were positive.

Any note(s) must be provided to Osheanna Lonergan, Benefits Manager, BEFORE returning to work. Do not return to work until approved by Osheanna Lonergan.

- You may report to work
- Monitor your symptoms
- Wear a face covering, maintain social distancing, and practice good hygiene

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