



Revised APRIL 26, 2022

BUSINESS Guidance for Suspected or Confirmed COVID-19 Cases

Scenario	Immediate Action	Follow Up
<p>COVID-19 Symptoms</p> <p>(e.g., fever, dry cough, sore throat, diarrhea, runny nose, headache, loss of taste or smell, difficulty breathing)</p>	<p>Send home and recommend contact with primary care provider for recommendations regarding need for testing.</p> <p>For Symptom Screening see CDPH COVID19 Symptoms and CCHS COVID Symptoms Chart below.</p> <p>Get tested, even if you are fully vaccinated.</p> <p>Testing is readily available through CCHS, State or Commercial Testing Sites.</p> <p>Take steps to prevent the spread</p>	<p>No notification of Contra Costa Health Services (CCHS) required.</p> <p>Notification of workplace in this scenario is at the discretion of each workplace and not required by CCHS.</p>
<p>COVID-19 Positive Test Result requires isolation</p> <p>Individuals with or without symptoms and have had a COVID Antigen or Molecular (PCR tests, viral RNA tests, nucleic acid tests) test.</p>	<p>Must isolate to prevent the spread of COVID; stay home for at least 5 days from when you tested positive for COVID-19:</p> <p><i>You will no longer need to isolate if:</i></p> <p>(1) you don't have symptoms, or your symptoms are improving</p> <p>AND</p> <p>(2) you take a test on or after day 5 of isolation and the test is negative (antigen test recommended).</p> <p>If you have a fever: isolation should be continued until 24 hours after fever resolves without the use of fever-reducing medications.</p> <p>If no test is taken, isolate for the full 10 days.</p> <p>If you can end your isolation after day 5 wear a well-fitted mask around others for a total of 10 days, especially in indoor settings, and continue</p>	<p><u>Notify CCHS:</u></p> <ol style="list-style-type: none"> 1. Notify CCHS using the Intake Form found on our website: Reporting COVID. 2. Proceed with isolation and notification of close contacts. 3. CCHS Locations Case Investigator will follow up with institution liaison to discuss next steps. <p>Employee notification requirements: CalOSHA COVID-19 Prevention Emergency Temporary Standards</p> <p>CalOSHA COVID-19 Emergency Temporary Standards FAQs</p>

	<p>to follow other preventive measures and masking guidance.</p> <p>Next Steps</p> <ol style="list-style-type: none"> 1. Identify Close Contacts. <ol style="list-style-type: none"> 1. Recommend testing of contacts, prioritize symptomatic contacts. <p>Close contacts <i>may</i> need quarantine.</p>	
<p>Close Contact to COVID-19 Positive for High-Risk settings</p> <p>Close Contacts: Someone sharing the same indoor airspace, e.g., home, clinic waiting room, airplane etc., for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes) during an infected person's (laboratory-confirmed or a clinical diagnosis) infectious period.</p> <p>Where shared air space is difficult to assess (ex. Large Warehouse) then the within 6 ft for 15-minute definition may be used.</p> <p>High Risk settings include: --Emergency shelters and cooling/heating centers --Healthcare settings (applies to all healthcare settings not covered by AFL 21.08.8). --Correctional facilities and detention centers --Homeless shelters --Long Term Care Settings & Adult and</p>	<p>Must quarantine for: <u>People who are unvaccinated or not fully vaccinated or not infected with SARS-CoV-2 within the prior 90 days:</u></p> <ol style="list-style-type: none"> 1) Stay home for at least 5 days after your last contact with a person who has COVID-19. 2) Get tested on or after day 5: <ol style="list-style-type: none"> a. If you have no symptoms AND a test taken on day 5 or later is negative: quarantine can end on day 6. b. If you do not get tested AND do not have symptoms: quarantine can end on day 11. c. If you test positive or develop symptoms: stay home for 10 days from your positive test or symptom start date, following isolation instructions. 3) Wear a well-fitting mask around others for 10 days, especially indoors. <p><u>OR</u></p> <p><u>People who are not up to date on their COVID-19 vaccinations (have not gotten a booster dose despite being eligible):</u></p> <ol style="list-style-type: none"> 1) Stay home for at least 5 days after your last contact with a person who has COVID-19. 2) Get tested on or after day 5: <ol style="list-style-type: none"> a. If you have no symptoms AND a test taken on day 5 or later is negative: quarantine can end on day 6. 	<p>No notification of CCHS required.</p>











<p>Senior Care Facilities</p>	<ul style="list-style-type: none"> b. If you do not get tested AND do not have symptoms: quarantine can end on day 11. c. If you test positive or develop symptoms: stay home for 10 days from your positive test or symptom start date, following isolation instructions. <p>3) Wear a well-fitting mask around others for 10 days, especially indoors.</p> <p>Continue to use preventive measures such as social distancing from others and proper handwashing.</p> <p>*In a workplace setting, employees without symptoms who are vaccinated but not up to date are not required to stay home from work if:</p> <ul style="list-style-type: none"> 1. negative diagnostic test is obtained within 3-5 days after last exposure to a case. 2. wears a well-fitting mask around others for a total of 10 days. 3. continue to have no symptoms. 	
<p>Contact to COVID-19 Positive for non High-Risk Setting</p>	<ul style="list-style-type: none"> 1. Quarantine not required. 2. Get tested between days 3-5 after being exposed to someone with COVID-19. <ul style="list-style-type: none"> ❖ If the test is positive, follow isolation instructions. 3. Wear a well-fitting mask around others for 10 days, especially indoors. 4. If you develop symptoms, get tested right away and stay home (isolation). <p>Continue to use preventive measures such as the use of a mask/face covering, social distancing from others and proper handwashing.</p> <p>Work restrictions after a close contact should be</p>	<p>No notification of CCHS require</p>

	reviewed with your workplace.	
Resources	<ul style="list-style-type: none"> • CCHS COVID-19 Resources for Businesses and Workers • CCHS COVID-19 Frequently Asked Questions • Contra Costa County Health Officer Orders • CDPH Covid-19 Guidance Documents • CDPH Employer Questions About AB 685 • CalOSHA COVID-19 Prevention Emergency Temporary Standards • Cal OSHA ETS Frequently Asked Questions • California Employment Development Department: COVID-19 • CDC COVID-19: Workplaces and Businesses • EPA List N: Disinfectants for Use Against COVID-19 <p>Employers should follow current Cal OSHA requirements for employees who are close contacts.</p>	<p>CCHS Contacts:</p> <p>CCHS COVID Case and Suspected Outbreak Reporting</p> <p>Locations Reporting Form (SPOT)</p> <p>CCHS COVID-19 Vaccinations</p> <p>CCHS COVID-19 Testing</p> <p>Locations Unit Email: covid.business.tracing@cchealth.org</p> <p>CCHS COVID Response Hotline: (925) 313-6740</p> <p>CCHS General Covid Information Hotline: (844) 729-8410</p>

Symptoms of COVID-19

People with COVID-19 can have a wide range of symptoms, which may appear 2-14 days after exposure to the virus. Take steps to prevent spread, including getting vaccinated, wearing a mask in crowded indoor settings and washing hands often.

Get a fast & easy COVID-19 test at no cost to you.* Schedule an appointment online at cchealth.org/coronavirus or call 1-833-829-2626.

SYMPTOMS	COVID-19	COLD	FLU	ASTHMA	SEASONAL ALLERGIES
 Fever	✓		✓		
 Cough	✓	✓	✓	✓	✓
 Shortness of breath	✓			✓	
 Fatigue, weakness	✓	✓	✓	✓	✓
 Headache	✓		✓		✓
 Body / muscle aches	✓	✓	✓		
 Sneezing		✓	✓		✓
 Sore throat	✓	✓	✓		✓
 Stuffy or runny nose	✓	✓	✓		✓
 New loss of taste and smell	✓	✓			
 Nausea, vomiting, diarrhea	✓		✓		

*Testing will be at no cost to you & billed through your health insurance or free if you do not have coverage.

cchealth.org/coronavirus
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RESPONSE
Coronavirus (COVID-19)
CALL FOR ASSISTANCE
HEALTH SERVICES

