



Revised March 14, 2023

Non High-Risk Settings 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>If negative COVID-19 test result (PCR) or (antigen- consider retesting if using antigen 24 hours after negative test) or COVID-19 is ruled out by primary care provider (something else other than COVID-19 infection is reason for symptoms), can return 24 hours after fever resolves and symptoms have improved.</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/school/Childcare in this scenario is at the discretion of each entity 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><u>You will no longer need to isolate after day 5 if:</u></p> <ul style="list-style-type: none"> • Symptoms are not present, or are mild and improving; AND • You are fever-free for 24 hours (without the use of fever-reducing medication). <p>If you have a fever, isolation should be continued until 24 hours after fever resolves</p>	<p><u>Notify CCHS Using the Intake Form If:</u></p> <p>Schools/Daycares:</p> <ul style="list-style-type: none"> - Elementary Schools and Childcare: report clusters of 3 or more cases in the same classroom including teachers and students. - Middle and High Schools: report if 10% of campus population are COVID 19 positive in a 14-day period. <p>Non High-Risk businesses:</p> <ul style="list-style-type: none"> - No reporting required. Recommended to reach out when needing guidance or when absenteeism is high, 10% is the

	<p>without the use of fever-reducing medications.</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 to follow other preventive measures and masking guidance.</p> <p>Next Steps</p> <ol style="list-style-type: none"> 1. Identify Close Contacts. <ul style="list-style-type: none"> - Recommend testing of contacts, prioritize symptomatic contacts. - Close contacts <i>may</i> need quarantine. (ex. If they are symptomatic) 	<p>suggested threshold for checking in with CCHS.</p> <ol style="list-style-type: none"> 1. Proceed with isolation of case and notification of close contacts. 2. If reported CCHS will follow up confirming receipt of the report and provide a contact for any questions. <p>Employee notification requirements: CalOSHA COVID-19 Non-Emergency Regulations CalOSHA COVID-19 Non-Emergency Standards FAQ</p>
<p>Contact to COVID-19 Positive</p>	<ol 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 reviewed with your workplace.</p>	<p>No notification of CCHS require</p> <p>Per CalOSHA: Employers are required to Notify all employees and their authorized representatives who may have had close contact with a COVID-19 case within one business day in a manner that does not reveal the COVID-19 case's personal identifying information.</p>

High risk settings not covered by this guidance include (Emergency shelters and cooling/heating centers, Healthcare settings, detention centers, Homeless shelters, and Long-Term Care Settings & Adult and Senior Care Facilities)

Resources		
Resources	<ul style="list-style-type: none"> • CalOSHA COVID-19 Non- Emergency Regulations • CalOSHA COVID-19 Non-Emergency Standards FAQ • CCHS COVID-19 Resources for Businesses and Workers • CCHS COVID-19 Resources for Schools and Childcare • CCHS COVID-19 Frequently Asked Questions • CDPH Covid-19 Guidance Documents • CDPH Safe Schools Hub • 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><u>CCHS COVID Case and Suspected Outbreak Reporting</u></p> <p><u>Locations Reporting Form (SPOT)</u></p> <p><u>CCHS COVID-19 Vaccinations</u></p> <p><u>CCHS COVID-19 Testing</u></p> <p>Community Exposures Unit Email: covid.community.exposures@ccealth.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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