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Promoting an Optimal State of Wellness in Lake County

Return to Work Protocols for Local Businesses with COVID Exposure:

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During this time of the COVID pandemic, many employers are being confronted with novel situations regarding employees who are exposed to COVID or are identified as a confirmed case. Each situation can have its own circumstances, but some general guidelines can be useful. Following these recommendations does not remove all risk, but aims to balance keeping employees and patrons reasonably safe while allowing them to return to work in a timely fashion. Certainly, adhering to safety precautions such as wearing cloth face coverings, social distancing, and proper disinfection will decrease the risk of transmission and help protect everyone. Specific guidance can be found at https://www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html.

As a synopsis:

1) For workers that test positive with symptoms:

   a. Off work and on home isolation for:

      i. 10 days after onset of symptoms

      ii. 3 days with no fever

      iii. Symptoms improved

   b. Daily check-ins with Public Health about symptoms and how they are doing.

   c. Ideally stay in your own room and use own bathroom, sleep alone, wear a mask when around other people, and wash hands and clean surfaces often. Stay away from family members, friends, and co-workers who are not infected.

2) For workers that test positive without symptoms:

   a. Off work and on home isolation for 10 days after test.

   b. Ideally stay in your own room and use own bathroom, sleep alone, wear a mask when around other people, and wash hands and clean surfaces often. Stay away from family members, friends, and co-workers who are not infected.

3) For workers that test negative, with symptoms:

   a. Off work for 10 days from onset of symptoms.

   b. Home quarantine, which means off work, not leaving home, and staying away from people in your home who are positive, wash hands often, and wear a mask if around anyone who is positive (because they might then get infected)., and others so as not to infect them.

4) For workers that test negative, without symptoms:

   a. For close contacts of positive cases (usually considered house-mate, sexual partner, close family, or someone who has been within 6 feet of someone for more than 20 minutes during contagious period):

      i. If they are a close contact, they should quarantine, off of work for 14 days from last contact with a COVID positive person.

      ii. Recommendation is off work, home quarantine, which means not leaving home, and staying away from people in your home who are positive, wash hands often, and wear a mask if around anyone who is positive staying away from people who are positive (because they might then get infected), and also not having contact with people who are negative.

      iii. This can be modified if they wear masks, maintain social distancing, disinfect, travel in a separate vehicle, and work outside. They have a fairly high likelihood of being contagious.

   b. For workers who were not close contacts, and tested negative:

      i. May return to work.

      ii. Monitor for symptoms, and refer for repeat testing if indicated.

   Please contact us with questions or concerns.

   Thank you,

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