



## Return-to-Work Guidelines

### For Students and Workforce Members Who Are NOT Required On-Site to Mitigate Critical Staffing Shortages

If You . . .	What to Do
Have <b>symptoms</b> associated with COVID-19, flu or seasonal allergies:  Fever or chills; cough; shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; diarrhea	<ul style="list-style-type: none"><li>• If you are at home, stay home and use your regular call-out procedures.</li><li>• If you are at work, wear your mask at all times (even areas that are mask optional), and notify your supervisor so you coordinate going home as soon as possible.</li><li>• Take a COVID-19 test* OR call 860-679-3199 for COVID testing.</li></ul>
Are symptomatic and had a <b>negative COVID-19 test*</b>	<ul style="list-style-type: none"><li>• Return to work when symptoms resolve (no further testing needed).</li><li>• If symptoms worsen or new symptoms develop, call your Primary Care provider and call 860-679-3199 to inquire whether repeating COVID testing is recommended.</li></ul>
Had a <b>positive COVID-19 test</b> (whether symptomatic or not)	<ul style="list-style-type: none"><li>• Call 860-679-3199. They will advise you on the following guidelines:</li><li>• Isolate for 10 days from symptom onset (or from date of test, if asymptomatic). May return to work on Day 11 <i>without testing</i> as long as you are fever free for 24 hours and asymptomatic or symptoms are near resolution.</li><li>• You may return to work on Day 8 <b>IF</b> a follow up COVID test* on Day 7 (or the day before the return to work) is negative <b>AND</b> you are fever-free for 24 hours and asymptomatic or symptoms are near resolution.</li></ul> <p>If you return to work prior to Day 10, you must use heightened protocols through Day 10, such as wearing a N95/KN95 at all times, eating alone, and self-monitoring for symptoms.</p>

*\* Either at-home antigen tests and PCR tests are permitted. A single negative antigen test does not rule out COVID-19. If symptomatic and initial antigen testing is negative, please call the COVID-19 Call Center to schedule follow-up testing.*