

## **COVID-19 HEALTH AND SAFETY PLAN UPDATED FOR THE MERIDIAN SERVICES' and ORION ASSOCIATES' OFFICES**

**Exposure to COVID-19: Regardless of vaccination status or if you have had a previous infection.**

**High Risk Exposure is close contact within 6 feet for 15 minutes or more.**

- Watch for symptoms including fever over 100.4, shortness of breath, cough, fatigue, muscle aches, headache, new loss of taste or smell, congestion, runny nose, nausea, vomiting, diarrhea.
- No symptoms. You should test on Day 5.
- If you have been exposed, but have had COVID-19 within 30 days of current exposure, wear a mask for 5 days. No testing required unless you develop symptoms.
- If you have been exposed and had COVID-19 31-90 days ago, wear a mask for 5 days. Whether or not you develop symptoms, you should test on Day 5.

**Symptoms of illness:**

- COVID-19 symptoms include fever over 100.4, shortness of breath, cough, fatigue, muscle aches, headache, new loss of taste or smell, congestion, runny nose, nausea, vomiting, diarrhea.
- Immediately wear a mask if you have symptoms.
- Test immediately. If the test is negative, continue to mask for 5 days. Test again at day 5.

**Positive COVID-19 test result.**

- Isolate immediately and stay home until symptoms improve and you are fever free for 24 hours, usually 5 days.
- When you return to normal activities, continue to wear mask for 5 more days.
- If you are asymptomatic, you don't need to stay home but you should mask for 5 days
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- If you have ended your isolation and symptoms recur or worsen, isolation count starts at day 0.

**Please contact your supervisor if you have a positive COVID test.**

**Quarantine Counting Methodology:** The last day of exposure, the day of symptom on-set, or day of positive test with no symptoms are considered Day 0. The next full day is Day 1 of the quarantine.

**Definitions of Illness Severity**

- Asymptomatic or presymptomatic infection: Individuals who test positive for SARS-CoV-2 using a virologic test (i.e., a nucleic acid amplification test [NAAT] or an antigen test) but have no symptoms consistent with COVID-19.
- Mild illness: Individuals who have any of the various signs and symptoms of COVID-19 (e.g., fever, cough, sore throat, malaise, headache, muscle pain, nausea, vomiting, diarrhea, loss of taste and smell) but do not have shortness of breath, dyspnea, or abnormal chest imaging.
- Moderate illness: Individuals who show evidence of lower respiratory disease such as shortness of breath or trouble breathing. During clinical assessment or imaging those who have an oxygen saturation measured by pulse oximetry ( $SpO_2$ )  $\geq 94\%$  on room air at sea level.
- Severe illness: Individuals who have been hospitalized. They may have  $SpO_2 < 94\%$  on room air at sea level, a ratio of arterial partial pressure of oxygen to fraction of inspired oxygen ( $PaO_2/FiO_2$ )  $< 300$  mm Hg, a respiratory rate  $> 30$  breaths/min, or lung infiltrates  $> 50\%$ .
- Critical illness: Individuals who have respiratory failure, septic shock, and/or multiple organ dysfunction.

# COVID-19 Testing and Quarantine Decision Tree

## Exposure to COVID-19

Close contact (within 6 feet for a total of 15 minutes or more)

Positive COVID-19 result within 30 days of current exposure?

No

Symptoms?

Yes

Please see  
"Symptoms of  
Illness" protocol

No

Wear a mask for 10 days

Test on day 5

## Positive COVID-19 Test Result

Symptoms?

Yes

Isolate immediately and stay home until symptoms improve and fever free for 24 hours (usually 5 days)

Continue to wear a mask for 5 days after returning to normal activities

No

Mask for 5 days

## Symptoms of Illness

Fever over 100.4, shortness of breath, cough, fatigue, muscle aches, headache, new loss of taste or smell, congestion, runny nose, nausea, vomiting, diarrhea

Immediately wear a mask

Test Immediately

Test Result?

Positive

Please see "Positive COVID-19 Test Result" protocol

Negative

If immediate test is negative, continue to mask for 5 days. Test again at day 5.

## Quarantine Counting Methodology:

The last day of exposure, the day of symptom on-set, or day of positive test with no symptoms are considered Day 0. The next full day is Day 1 of the quarantine.

**Please contact your supervisor if you have a positive COVID test.**

In instances of a positive COVID test, your coworkers may be notified that someone working in close proximity has tested positive for COVID. Your identity will not be shared without your consent.