

# CDC GUIDELINES:

Effective Aug. 11, 2022

## If you test POSITIVE:

- Isolate for 5 days
- If you have no symptoms or your symptoms are mostly resolved after 5 days, you may RTW with approval from Occupational Health — all positive cases with symptoms past 5 days will isolate for the full 10 days.
- Must wear a surgical mask, worn over the nose and mouth — no cloth masks during this time.
- If you have a fever, you may not RTW until your fever resolves.

## If you were exposed:

### After Being Exposed to COVID-19:

- ▶ **START PRECAUTIONS Immediately**
- ▶ **Wear a mask as soon as you find out you were exposed**
- ▶ **Start counting from Day 1**
  - Day 0 is the day of your last exposure to someone with COVID-19
  - Day 1 is the first full day after your last exposure
- ▶ **CONTINUE PRECAUTIONS**
  - 10 Full Days, you can still develop COVID-19 up to 10 days after you have been exposed
- ▶ **Take Precautions:**
  - **Wear a high-quality mask any time you are around others inside your home or indoors in public**
  - **Watch for symptoms:**
    - fever (100.4°F or greater)
    - cough
    - shortness of breath
    - other COVID-19 symptoms—see policy for full list
  - **If you develop symptoms:**
    - isolate immediately
    - get tested
    - stay home until you know the result

### GET TESTED:

- Get tested at least 5 full days after your last exposure, test will be Day 6
- Test even if you don't develop symptoms
- If you already had COVID-19 within the past 90 days, manager to consult with Occupational Health for testing recommendations.

### IF YOU TEST:

#### ▶ Negative

Continue taking precautions through day 10. Wear a high-quality mask when around others at home and indoors in public. You can still develop COVID-19 up to 10 days after you have been exposed.

#### ▶ Positive

Isolate immediately

### If you develop symptoms:

Staff should not report to work if experiencing symptoms — staff are required to notify management immediately — management will send staff for testing

### Staff test on their own:

If staff test on their own outside of Nimkee, lab results (this does not include discharge instructions or discharge summaries) are required to be sent to the cvdnotify group within 5 days of the test and RTW slip is also required per current HR policy prior to returning to work. The RTW can be provided by Occupational Health Nurse.

**\*\* Home tests are not accepted.**



**Saginaw Chippewa Indian Tribe of Michigan**

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