

UPDATED GUIDANCE FOR WHEN YOU CAN BE AROUND OTHERS AFTER COVID-19

As states open up and life returns to the “new normal”, it continues to be very important to monitor yourself for COVID-19 symptoms and quarantine if needed in order to minimize spread of the disease, which is still active. The CDC has also revised their determination of when someone impacted can be around others, which we are providing below as it relates to our Return to Work policy.

Know the symptoms of COVID-19, which can include the following:



The image contains seven illustrations of people with different symptoms, each in a separate panel with a label below it:

- Cough:** A person coughing into their elbow.
- Fever:** A person holding a thermometer to their forehead.
- Chills:** A person shivering with their arms crossed.
- Muscle pain:** A person holding their shoulder in pain.
- Shortness of breath or difficulty breathing*:** A person with a cloud coming out of their mouth, indicating breathlessness.
- Sore throat:** A person holding their hand to their throat.
- New loss of taste or smell:** A person with a red 'X' over their nose and mouth, indicating a loss of senses.

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

I am sick and think I have COVID-19

You can be with others after

- 3 days with no fever **and**
- Symptoms (see below) improved **and**
- **10 days** since symptoms first appeared

Depending on your healthcare provider’s advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.



I tested positive for COVID-19 but have no symptoms

If you continue to have no symptoms, you can be with others after:

- 10 days have passed since test, **and**
- You have received two negative test results in a row at least 24 hours apart

If you develop symptoms after testing positive, follow the guidance above for “I am sick and think I have COVID-19.”

If testing is not available in your area, your doctor should work with an infectious disease expert at your local health department to determine if you are likely to spread COVID-19 to others and need to stay home longer.



For anyone who has had close contact with a person who has tested positive for COVID-19

It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for 14 days **after exposure** based on the time it takes to develop illness OR depending on the availability of testing, you might get tested to see if you have COVID-19. If you are tested, you can be around others when you have received two negative test results in a row, at least 24 hours apart.

COVID-19 Symptoms

- 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



When to seek emergency medical attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face



*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

CDC Posters and resources including the COVID-19 Self Checker app are available at www.bhienergy.com/coronavirus-info/.

Stay Safe,

Zach Taylor
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