COVID-19 scenarios: What should I do if…

I have COVID-19 symptoms → Stay home → Notify your Supervisor → Consult your Physician. Testing for COVID is recommended* → Do not return to the workplace until your symptoms are resolving and you have no fever without medication for 24 hours, even if you test negative

I tested positive for COVID-19 → Stay home → Notify your supervisor → Fill out the COVID Questionaire → You will be contacted to discuss next steps → Stay home until at least 5 days have passed from the date symptoms began or the date of your positive test (whichever occurred first). After day 5, you may return to campus if your symptoms have resolved or are resolving and you have not had a fever in the last 24 hours. → A mask must be worn until 10 days have passed since the date your symptoms began or your positive test, whichever occurred first.

I had close contact with a person who tested positive for COVID-19 → If you are symptom free, you can return to the workplace. → Mask up around others for 10 days after exposure. → Self-monitor for symptoms and get tested 3-5 days after exposure* Antigen Test Kits are available for pick-up. Contact: FacilitiesRemedy@palomar.edu → If you develop COVID symptoms or test positive for COVID, refer to the appropriate scenario above.

Someone I live with was notified of a COVID-19 case at their workplace → If you are symptom free, you can return to the workplace → If the person you live with tests positive, refer to "I had close contact with a person who tested positive for COVID-19"

There was a COVID-19 case at my child's school → If you are symptom free, you can return to the workplace → If the person you live with tests positive, refer to "I had close contact with a person who tested positive for COVID-19"

Additional Information:

Quarantine and Isolation Guidance: CDPH
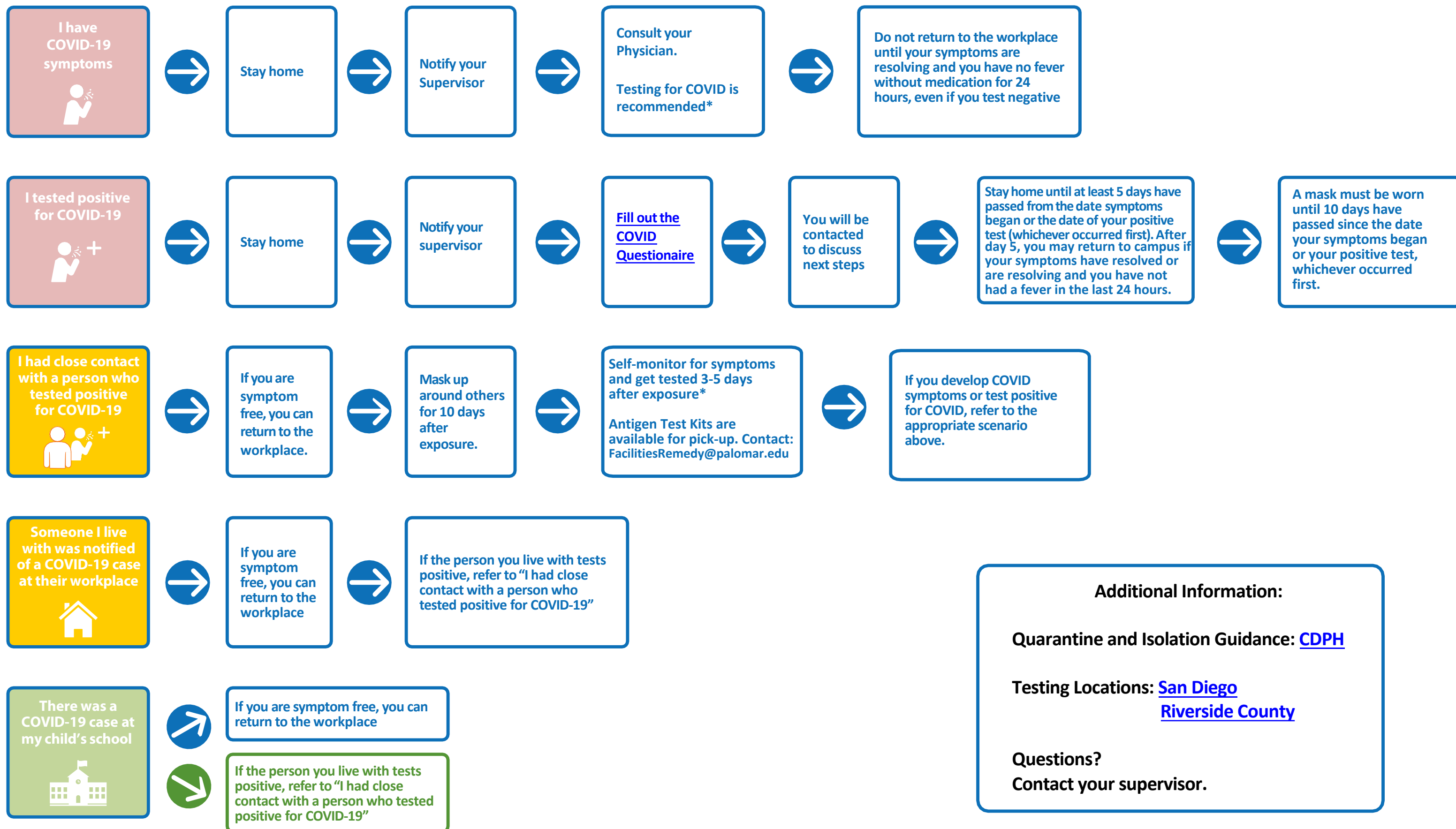
Testing Locations: San Diego
Riverside County

Questions?
Contact your supervisor.

*Employees who have recovered from COVID within 90 days of exposure are not required to test.

Keep your supervisor informed during the duration of your absence.

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