

COVID-19 Workplace Isolation & Quarantine

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Designated Contact Information for Employers

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Symptom Screening Recommendations

COVID-19 Symptoms

- Two of the following : fever (measured or subjective), chills, fatigue, myalgia, headache, sore throat, congestion or running nose, nausea, vomiting, diarrhea
OR
- One of the following symptoms: cough, shortness of breath, difficulty breathing, or new loss of taste or smell

Individual should be tested for COVID-19.

- If test result is negative **OR** doctor's note with differential diagnosis, return to work after 24 hours afebrile **and** improved respiratory symptoms
- If test result is positive or individual is unable/refuses to get tested, may return to work after:
 - 24 hours with no fever **and**
 - Improvement in symptoms **and**
 - 10 days since symptoms first appeared

Montgomery County Office of Public Health only recognizes negative results from Covid-19 diagnostic tests that have been performed under the supervision of a healthcare provider. Negative results from an over the counter (at home) tests will not be accepted in order to return to school.

Isolation Requirements for Covid-19*

*Per Montgomery County Public Health Code, pertaining to the reporting, isolation, quarantine, and respective disease control measures (including contact tracing) for the control of communicable diseases.

Positive COVID-19 PCR or Antigen (Point of Care) Test

WITH SYMPTOMS

- May return to work after:
- 24 hours with no fever **AND**
 - Improvement in symptoms **AND**
 - 10 days since symptoms first appeared

WITHOUT SYMPTOMS

- May return to work after:
- 10 days after specimen was collected
- If symptoms develop during the 10 days, follow return to work guidance for positive PCR or Antigen test WITH symptoms

Quarantine Requirements for Covid-19*

*Per Montgomery County Public Health Code, pertaining to the reporting, isolation, quarantine, and respective disease control measures (including contact tracing) for the control of communicable diseases.

Close Contact to Positive**

- Within 6ft for 15 minutes or more
- Household contact

**If testing resources are sufficient, close contacts should be tested regardless of symptoms. If an unvaccinated individual is tested, regardless of the reason, they should stay home and isolate until the results are back.

WITH SYMPTOMS

- Individual should be tested for COVID-19
- May return to work after:
- 24 hours with no fever **AND**
 - Improvement in symptoms **AND**
 - 10 days since symptoms first appeared

WITHOUT SYMPTOMS

- Quarantine can end 10 days after exposure without testing **OR** after 7 days with a negative PCR or antigen test (must be collected on day 5 or thereafter).
- Household contacts may require further investigation by OPH to determine dates of quarantine.
- The most protective quarantine is 14 days post exposure.**

Recommended symptom monitoring until day 14. If symptoms develop during this time, follow return to work for Close Contact with symptoms.

COVID VACCINATION EXCEPTION

- People who are vaccinated against COVID-19 do **NOT** need to quarantine after an exposure to another person with COVID-19 if they meet **ALL** of the following criteria:
- They are fully vaccinated (i.e. ≥2 weeks following receipt of the second dose in a 2-dose series, or ≥2 weeks following receipt of one dose of a single-dose vaccine) **AND**
 - They have remained asymptomatic since the current COVID-19 exposure.
- Fully Vaccinated should get tested 3-5 days after a known exposure **AND** wear a mask in public indoor settings for 14 days **OR** until they receive a negative test result. If an employer requires universal masking, employees should follow their workplace's masking policy.**
- If they test positive follow guidance for Covid-19 Positive Test and isolate
 - If they develop Covid-19 symptoms, repeat testing is recommended and follow sick policy
 - A negative diagnostic test **MAY** rule out Covid-19, in consultation with MCOPH.

SARS COV-2 ANTIBODY TEST OR RECENT INFECTION EXCEPTION

- People who recently test positive for SARS-CoV-2 antibodies (documented test for IgM or IgG) **DO NOT** need to quarantine in low-risk situations if specific criteria is met and person exposed is asymptomatic. **Consultation with MCOPH to release from quarantine.**
- People who had a positive diagnostic test for Covid-19 within the last 3 months before their exposure do not need to quarantine if they remain asymptomatic.