

1. WHEN IS QUARANTINING FOR 14 DAYS REQUIRED?

Quarantine means separating a person or group of people who have been exposed to a contagious disease but have not developed illness (symptoms) from others who have not been exposed, in order to prevent the possible spread of that disease. Quarantine is usually established for the incubation period of the communicable disease, which is the span of time during which people have developed illness after exposure. **For COVID-19, the period of quarantine is 14 days from the last date of exposure, because 14 days is the longest incubation period seen for similar coronaviruses.** Someone who has been released from COVID-19 quarantine is not considered a risk for spreading the virus to others because they have not developed illness during the incubation period.

Examples of Situations Requiring 14 Days of Quarantine

- Travel outside the United States from other countries that have a Level 2 and 3 health notice such as China, Iran, South Korea, Europe, Israel, Italy, United Kingdom, etc.

For complete list, visit (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>)

- Had close contact or cared for someone diagnosed or suspected of having COVID-19 within the last 14 days? Close contact is defined within 6 feet.

2. WHAT IS THE DIFFERENCE BETWEEN SELF-QUARANTINE and SELF ISOLATION?

Self-quarantine is different from self-isolation, according to the CDC. Self-quarantine is a method used by those who may be exposed, but have yet to show symptoms. Self-isolation is for people that are reasonably believed to be infected with the virus and could infect others.

3. HOW LONG SHOULD I SELF ISOLATE?

If you have symptoms of COVID-19 – coughing, difficulty breathing, shortness of breath or fever please stay home and contact your doctor. The CDC and Department of Health recommends SELF ISOLATING for at least seven days after the onset of these symptoms.

To discontinue home isolation three things must occur if **YOU WILL NOT BE TESTED**

1. You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers).

AND

2. Other symptoms have improved (for example, when your cough has subsided)

AND

3. AT least 7 days have passed since your symptoms first appeared

IF YOU WILL BE TESTED to determine if you are still contagious, you can leave home after these three things have happened:

1 You no longer have a fever (without the use of medicine that reduces fevers)

AND

2. Other symptoms have improved (for example, when your cough has subsided)

AND

3. You received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.

4. WHAT IF I TEST NEGATIVE FOR COVID-19?

Follow the directions of your doctor. Standard protocol for people with illness but testing negative for COVID-19 should not return to work until 72 hours with no fever (without the use of medicine that reduces fevers) and symptoms such as coughing have subsided.

Please contact MJS human resources for further information. Clients may require different standards as may your doctor. MJS will follow all doctor directives.

5. WHAT IF I AM ILL BUT HAVE NO SYMPTOMS OF COVID-19?

If you become ill, but do not have any symptoms of COVID-19 (coughing, shortness of breath or fever). You may be eligible to return to work after three full days depending on symptoms. We are requesting you stay home to evaluate symptoms and to ensure they do not worsen and are not related to COVID-19. If your symptoms have continued or worsened please contact your doctor and we can evaluate based on their recommendation.

6. WHAT IF I AM QUARANTING AND DEVELOP SYMPTOMS?

Contact your doctor.

Your doctor will decide if you will be tested or not. Once symptoms present you must continue with self-isolation and should not discontinue self-isolation unless all the steps outlined are met as described in number 3.

7. WHEN SHOULD I CONTACT MJS?

Please contact us if you are ill as early as possible so we can start working on a plan to cover your shift. If you are in contact with someone who was diagnosed/suspected or you are diagnosed/suspected of having COVID-19 please contact us as soon as possible. We must let the facility and your co-workers know. Your identity will be kept confidential.

8. WHY DO I HAVE TO FILL OUT THE SELF ATTESTATION?

It is very important to make sure you are following the CDC and your medical provider's directions. The self-attestation is just confirming that you have met the requirements to safely return to work. Your health and safety as well as our clients is of the utmost concern to us. Everyone will be required to complete before returning to work.