Are you experiencing: fever >100°F, new cough or shortness of breath, muscle/joint aches, chills, headache, sore throat, loss of smell or taste, diarrhea without a known exposure? Notify your supervisor. Additionally, if you are a:

A) County employee: call the Employee Hotline at (805) 981-5166
B) Physician/provider: Notify Dr. Leah Kory via Tiger Text or VCMC Page Operator at 805-652-6075
C) Employee at an affiliated clinic: Notify the Outpatient Infection Prevention (OIP) Team at 805-515-6303 for further health screening. Return to work will be based on clearance by Employee Health Services, Dr. Kory or Outpatient Infection Prevention.

Have you had an exposure to a COVID-19+ case and remain asymptomatic? Yes: If you are Symptomatic with or without Exposure:

COVID-19 PCR+: Return to work will be based on clearance by Employee Health Services, Dr. Kory or OIP Team.

- No High Risk Exposure: remain home until symptoms have improved, and remain afebrile for 24 hours.
- With a High Risk Exposure: continue to isolate at home until symptoms resolve. On the day symptoms resolve, need to be re-tested, and if that result is negative you can return to work, with repeat PCR testing every 3-4 days until monitoring period is over.

No: Go to your local Urgent Care/ER or call 9-1-1

If you are an Asymptomatic High Risk Exposure: if initial PCR test is negative, can return to work with a face mask, face shield and appropriate PPE. Continue self-monitoring for fever and symptoms for 14 days. If develop symptoms call EHS, Dr. Kory or OIP Team for immediate re-testing, and see below.

If you are Symptomatic with or without Exposure: COVID-19 PCR–:

- No High Risk Exposure: remain home until symptoms have improved, and remain afebrile for 24 hours.
- With a High Risk Exposure: continue to isolate at home until symptoms resolve. On the day symptoms resolve, need to be re-tested, and if that result is negative you can return to work, with repeat PCR testing every 3-4 days until monitoring period is over.

*Staff member was exposed to a confirmed COVID-19+ individual for >=15 minutes and within 6 feet, and the staff member is not wearing a respirator or facemask; or a staff member is not wearing eye protection if the person with COVID-19 was not wearing a cloth face covering or facemask; or the staff member was not wearing all recommended PPE (i.e. gown, gloves, eye protection, respirator) while performing an aerosol-generating procedure. This includes at home, work, or traveling.

**Restricted from contact with severely immunocompromised patients (e.g., hematology-oncology) until 14 days after illness onset.***Monitoring Period: 14 days from the last exposure with the COVID-19+ contact or from the last day in an international region with widespread ongoing transmission; or if in constant contact with a COVID-19+ individual then 14 days from when that COVID-19+ contact is no longer considered infectious (using the CDC symptom based criteria this is 72 hours without a fever or use of antipyretics, improvement of symptoms, and at least 10 days from onset of symptoms [whichever is longer]). If COVID-19+ person never develops symptoms, they are considered infectious for 10 days following their first positive test.