

IMPORTANT INFORMATION ON RETURNING TO WORK

If you have been exposed to someone that has tested positive for COVID-19, or are experiencing COVID-19 symptoms, or have tested positive yourself, please review the following requirements from the Center for Disease Control and Wellesley Health Department, in order to return to work safely. Please keep in contact with Human Resources and your supervisor about your return to work. Any notes regarding your return to work from your treating physician may be sent directly to Jennifer Glover in Human Resources jglover@wellesley.ma.gov, and will be placed in your confidential medical file.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- 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

If you have recently had close contact with a person with COVID-19, you must quarantine for 14 days, regardless of test result:

- Stay home until 14 days after your last exposure.
- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

Once you have completed your 14 days of quarantine after last exposure **and** have no symptoms of COVID-19, **you may return to work.**

If you have been diagnosed with COVID-19, are waiting for test results, or have cough, fever, or shortness of breath, or other symptoms of COVID-19, you should self-isolate:

- Stay home
- If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.

If you tested positive for COVID-19 but had no symptoms, and continue to have no symptoms, you can end isolation and return to work after:

- 10 days have passed since positive test **and** you still have no symptoms

If you tested positive for COVID-19 and have/had symptoms, you may end isolation and return to work after:

- 10 days have passed since positive test or from the symptom onset date **and**
- Fever free without taking fever reducing medication for 24 hours **and**
- Significant improvement in symptoms

If you tested negative and have no more symptoms, you may return to work.

If you tested negative and still have symptoms, stay home until you are symptom free.

If you did not get tested, you may return to work after:

- You receive a note from your doctor that you do not have COVID **and**
- Significant improvement in symptoms