

# Guidelines for Minimizing Contagious Disease in the Community

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Staying home when potentially contagious with COVID will reduce the risk of spreading disease. The guidelines in this document can be used by individuals and organizations when they encounter COVID-like symptoms.

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## Individual with Symptoms

### *For Individuals*

If you develop symptoms that could be caused by COVID take the following steps:

1. Determine the cause of your symptoms. Be evaluated for COVID if..
  - You have **two or more** of the following symptoms:
    - Fever (either a measured, elevated temperature or if you feel feverish)
    - Chills
    - Rigors (shaking or shivering)
    - Myalgia (muscle aches and pain)
    - Headache
    - Sore throat
    - Nausea or vomiting
    - Diarrhea
    - Fatigue
    - Congestion or runny nose
  - You have **at least one** of the following symptoms:
    - Cough
    - Shortness of breath
    - Difficulty breathing
    - New loss of taste or smell OR newly experiencing that food tastes strange or funny
  - Your doctor thinks you should be tested for COVID.
2. Stay home while contagious.
  - Even if you don't have COVID, passing illness to others could make them think they could have COVID.
  - Your doctor can tell you when you will no longer be contagious.
3. Stay away from others in your household as much as possible.
  - This may be difficult to do all the time, especially if you have small children or your child is the sick individual. Do what you can to minimize exposure.
4. If you do not have COVID, get a doctor's note confirming that you can safely return to your normal activities.
5. If you have COVID, follow all public health guidelines about when and how you can safely return to your normal activities.

# Guidelines for Minimizing Contagious Disease in the Community

## ***For Organizations***

Encouraging individuals to follow these guidelines will reduce the risk of spreading disease, whether COVID or another illness. To maximize protection in your organization:

1. Defer attendance by all sick individuals.
2. Before they return to your organization, have all individuals who should be evaluated for COVID do one of the following:
  - Test negative on a diagnostic COVID test, i.e., an RT-PCR test;
  - Get a doctor's note confirming that they can safely return to their normal activities;
  - Wait until they have recovered, and it has been at least 10 days after their symptoms began.
3. Ensure that all individuals follow public health guidelines about returning if they have COVID.
4. Encourage flexible policies that support people staying home when they are sick, so they are not discouraged from following these guidelines.

# Guidelines for Minimizing Contagious Disease in the Community

## Household Member with Symptoms

### *For Individuals with Sick Household Members*

If a household member has symptoms that could be caused by COVID, take the following steps:

1. Determine the cause of their symptoms. Be evaluated for COVID if...
  - They have **two or more** of the following symptoms:
    - Fever (either a measured, elevated temperature or if you feel feverish)
    - Chills
    - Rigors (shaking or shivering)
    - Myalgia (muscle aches and pain)
    - Headache
    - Sore throat
    - Nausea or vomiting
    - Diarrhea
    - Fatigue
    - Congestion or runny nose
  - They have at least one of the following symptoms:
    - Cough
    - Shortness of breath
    - Difficulty breathing
    - New loss of taste or smell OR newly experiencing that food tastes strange or funny
  - Their doctor thinks they should be tested for COVID.
2. If a household member **has to be evaluated** for COVID...
  - If you were **diagnosed** with COVID and **recovered** within the **previous three months**, you may continue your normal activities without restriction, as long as you do not have symptoms.
  - If you are **fully vaccinated** and do not have symptoms, you may continue your normal activities but wear a mask while awaiting results of the evaluation.
  - If you are **NOT** fully vaccinated, stay home while awaiting results of the evaluation.
3. Stay away from the sick household member, as much as possible.
  - This may be difficult to do all the time, especially if your child is the sick individual. Do what you can to minimize exposure.
4. If a household member **has** COVID, follow all public health guidelines about when and how you can safely return to your normal activities.
5. If a household member is evaluated and does not have COVID, you may return to normal activities. Self-monitor for symptoms and go home if you begin to feel sick.

# Guidelines for Minimizing Contagious Disease in the Community

## *For Organizations*

Encouraging individuals to follow these guidelines will reduce the risk of spreading disease, whether COVID or another illness. To maximize protection in your organization:

1. If an individual has a household member who has to be evaluated for COVID...
  - Defer attendance by individuals who are not yet fully vaccinated while awaiting results.
  - Ensure fully vaccinated individuals wear a mask, while awaiting results.
  - Individuals who were **diagnosed** with COVID and **recovered** within the **previous 3 months** may continue their normal activities without restriction, as long as they do not have symptoms.
2. If their household member is determined to have COVID, ensure that the individual follows public health guidelines about when and how they can safely return.
3. Encourage flexible policies that support people staying home as needed, so they are not discouraged from following these guidelines.