



COVID-19 Testing Recommendations:

When should an employee test for COVID-19?

If an employee has symptoms, they should test immediately. If an employee was exposed and does not have symptoms, they should wait five full days following exposure and then test.

If the COVID-19 test is positive, the employee should isolate for five days and wear a high-quality mask. Isolation can end after Day 5 if no symptoms appear or if symptoms are improving and they have been free of fever for at least 24 hours.

Employees who may be at risk for developing severe illness from COVID-19 should consult a healthcare provider to discuss *treatment options*. Risk factors for severe COVID-19 infection include being over the age of 50, unvaccinated or not up-to-date with boosters, and having certain chronic medical conditions (<https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>).

If the employee tests positive and they have had a COVID-19 infection within the last 90 days, they should isolate and consult a healthcare provider.

If the COVID-19 test is negative and the employee has symptoms, they should isolate and repeat testing after two days. If no exposure and repeat testing is negative, employee may consider returning to work when symptoms are improving and they have been free of fever for 24 hours. If symptoms persist, even if they test negative for COVID-19, the employee should consider wearing a mask for a total of five days from onset of symptoms.

If the employee has been exposed to COVID-19 at work or outside of work, they should wear a high-quality mask for 10 days and monitor for symptoms including fever (100.4 or greater), cough and shortness of breath. If an exposed employee develops symptoms, they should isolate immediately and get tested for COVID-19. If the exposed employee does not have symptoms, they should get tested again after five days and follow the recommendations above.

Key information:

- These recommendations for reporting apply to workers in a low-risk setting. High risk settings such as nursing homes have additional requirements for reporting.
- Other respiratory infections (such as flu) can spread in the workplace. Employees should stay home if they have respiratory symptoms and fever even if they test negative for COVID-19, and consider wearing a mask for at least five days following onset of symptoms.



- *Up-to- date vaccination status remains the most effective tool to prevent severe COVID-19 infection. A person is considered “up-to-date” when they have completed a prior series (two doses of Pfizer or Moderna and one dose of Janssen) followed by a bivalent booster (with or without additional doses).*