



## ARS/STARS Guidance for COVID Infection or Exposure

Based on updated recommendations from the CDC effective 12/23/2021 ARS/STARS implements the below guidance for COVID infection and exposure.

### Definitions:

**Mild symptoms**-cough, sore throat, runny nose, low grade fever, headache, new loss of taste/smell, nausea

**Moderate to severe symptoms**- high fever, shortness of breath, difficulty in breathing, confusion

**Boosted**-Have received all COVID 19 vaccine doses including a booster dose

*For symptoms of COVID- please seek testing and follow below guidance for positive infections. If negative, continue to work. Retest as needed for changes in symptoms, awareness of exposure, etc.*

### Work Restrictions for Positive COVID Infection:

Vaccination Status:	
Boosted, Vaccinated or unvaccinated	5 day quarantine (NO ON SITE WORK-HOSPITAL OR EVERGREEN). If asymptomatic, or mildly symptomatic with improving symptoms can return after 5 days (return on day 6 of symptom start OR on day 6 after positive test for asymptomatic positives).

### Work Restrictions for Asymptomatic with Exposure:

Vaccination Status:	
Boosted	No work restrictions. May test if desired.
Vaccinated (not boosted) or unvaccinated	No work restriction. Test on days 5-7 post exposure. Continue work if negative and asymptomatic. If positive, follow above guidance for positive test.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>