

Please continue to report all cases regarding OP staff and Persons served to [ResponseTeam@opportunities.org](mailto:ResponseTeam@opportunities.org).

## **Symptoms of COVID-19**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus:

- Stuffy or runny nose
- Sore throat
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Nausea or vomiting
- Diarrhea

Anyone who develops symptoms of COVID-19 should separate from others and get tested immediately, whether or not they are vaccinated.

## **When to Quarantine due to exposure**

COVID-19 exposure/close contact is being within 6 feet of a person with a confirmed case of COVID-19 for a total of 15 minutes or more over a 24-hour period. The date of your exposure is considered day 0. This guidance also includes all live-in exposures.

All persons served and staff that have an exposure to a confirmed case of COVID-19 must be given the following information as direction and guidance.

### **Fully Vaccinated (must include booster if eligible) Individuals and individuals that had a confirmed case of COVID-19 in the last 90 days at the time of exposure:**

- No quarantine required
- Wear a well-fitting mask for 10 full days after the exposure when you are near others or out of your home. \*\*\*If unable to wear a well-fitting mask over your nose and mouth that secures at the chin and does not gap on the cheeks, please stay home and quarantine for the full 10 days.
- Watch closely for symptoms until 10 days after your last contact with the confirmed case of COVID-19.
- Isolate immediately if you develop symptoms and get tested. Continue to stay home until you know the results. Wear a well-fitting mask when around others.
- Get tested 5 days after your last contact with the confirmed case of COVID-19. If using home test kits you must complete serial testing. Home tests are only considered negative once you complete the second test 24-48 hours after the first test and still receive a negative result.

### **Non (Fully) Vaccinated Individuals at the time of exposure:**

- Quarantine (stay home) for at least 5 days (10 if you choose to do so)
- Watch closely for symptoms until 10 days after your last contact with the confirmed case of COVID-19.
- Wear a well-fitting mask when around others, even when in your home.

- Get tested 5 days after your last contact with the confirmed case of COVID-19. If using home test kits you must complete serial testing. Home tests are only considered negative once you complete the second test 24-48 hours after the first test and still receive a negative result.
- You may return on day 6 as long as no symptoms are present and you wear a well-fitting mask or 10 full days after the exposure when you are near others or out of your home.  
\*\*\*If unable to wear a well-fitting mask over your nose and mouth that secures at the chin and does not gap on the cheeks, please stay home and quarantine for the full 10 days.
- Isolate immediately if you develop symptoms and get tested. Continue to stay home until you know the results. Wear a well-fitting mask around others.

## **If you tested positive or have symptoms**

If you tested positive for COVID-19 or have symptoms, regardless of your vaccination status the following will apply to you. The first day of symptoms or the day of a positive viral test is day 0. Day 1 is the first full day after your symptoms started or your test sample was collected.

If using home test kits you must complete serial testing. Home tests are only considered negative once you complete the second test 24-48 hours after the first test and still receive a negative result.

### **Regardless of vaccination status:**

- Stay home for at least 5 days
  - Isolate from others in your home
  - Wear a well-fitting mask when around others in your home

**If you were symptomatic-** End your isolation after 5 full days as long as you are fever-free for 24 hours without using fever-reducing medication AND your symptoms are improving.

- Wear a well-fitting mask for 10 full days after the exposure when you are near others or out of your home.  
\*\*\*If unable to wear a well-fitting mask over your nose and mouth that secures at the chin and does not gap on the cheeks, please stay home and quarantine for the full 10 days.

**If you were not symptomatic-** End your isolation after at least (you can decide to stay home 10 days) 5 full days after your positive test.

- Wear a well-fitting mask for 10 full days after the exposure when you are near others or out of your home.  
\*\*\*If unable to wear a well-fitting mask over your nose and mouth that secures at the chin and does not gap on the cheeks, please stay home and quarantine for the full 10 days.

**If you were severely ill with COVID-19-** Isolate for at least 10 days and consult your doctor before ending isolation. You must be fever-free for 24 hours without using fever-reducing medications AND your symptoms are improving.

## **Response team**

If you have any questions about this plan or COVID-19, please contact the response team at [ResponseTeam@opportunities.org](mailto:ResponseTeam@opportunities.org)

## **Important Links**

[CDC Quarantine and Isolation](#)