

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. If using home (antigen) tests, 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.

What to do when exposed

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, regardless of vaccination or previous case status:

- No quarantine required
- Immediately upon notification, wear a KN95 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.

If you tested positive or have symptoms

If you tested positive for COVID-19 or have symptoms, regardless of your vaccination status **notify your supervisor** and 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 through day 10 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 through day 10 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.

HYGIENE AND SOURCE CONTROLS

- Masks & Face Coverings:
 - Employees, people receiving day & employment services, and guests of Opportunity Partners are no longer required to wear masks.
 - Cloth and surgical masks are available at all OP locations for those who do wish to wear them.
- Visitors who follow current masking requirements, are not exhibiting symptoms, and have not had a recent exposure to COVID-19 are allowed.
- Regular handwashing breaks are encouraged.
- Maintain social distances between individuals whenever possible, however it is no longer required.
- Virtual and in-person meetings are allowed.

Reporting of Cases – Residential ONLY

All cases of COVID-19 that occur in Opportunity Partners group homes and homebase locations must be reported to our Nurse, Cami Lande, at CLande@opportunities.org. Notifications to the response team are no longer necessary.

Response team

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