



# Bi-County Collaborative

## Making It Possible

### Guide for Staff: Should I go to work?

Due to the current events of COVID-19 it can be difficult to know when you should go to school or stay home. The following are recommendations taken from the CDC:

**The following are signs and symptoms of COVID 19:**

-Fever or chills (greater than 100 degrees F)	-Headache	-Nausea or vomiting
- Loss of smell or taste	-Congestion or runny nose	- Diarrhea
- Sore throat	-Fatigue	-Muscle/body aches
-Shortness of breath	-Difficulty breathing	

- If you have been potentially exposed and have some of these symptoms you should not come to work. Please call your healthcare provider for advice on your next step.
- If you have a fever of 100 or higher you cannot be at work, please contact your healthcare provider.
- If your Immune system is compromised please consult your healthcare provider prior to coming to work.

**If you suspect you have COVID-19 you can return to work when:**

- 3 days of no fever and no fever reducing medication has been taken. AND
- Respiratory symptoms have improved, and
- 10 days since symptoms have first appeared

**If you have tested positive for COVID-19 and have had no symptoms you can return to work:**

- 10 days after the test has been given, and
- have had two negative test results at least 24 hours apart

**If you have been exposed to someone who is suspected to have COVID 19 or has had a positive test for COVID 19 you may come to work:**

- After 14 days since first day of being exposed

**If you have travelled outside of Massachusetts you must inform your direct supervisor before returning to work. You may have to self isolate for 14 days before returning to work according to phase 2 of the reentry guidelines (subject to change as guidelines are updated).**

<https://www.mass.gov/info-details/travel-information-related-to-covid-19>