

| | Exposed, No Symptoms | Symptoms | Positive COVID Test Result |
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| Volunteers | <p>-Strongly advised to get PCR COVID test at least 5 days after exposure to help reduce spread. Day of exposure is day zero. Count 5 days out from there to get to the 5-day timeframe for taking a PCR test.</p> <p>-Wait 5 days before volunteering at Beyond Hunger or if your 5-day PCR test is negative.</p> | <p>-Strongly advised to get PCR COVID test.</p> <p>-If PCR is positive, see guidance under 'Positive COVID Test Result'.</p> <p>-If PCR is negative, you may return to volunteering if:</p> <ul style="list-style-type: none"> - No fever for 24 hours without use of fever reducing medication - All cold/flu symptoms have subsided. | <p>-Notify volunteer manager at monnette@gobeyondhunger.org immediately.</p> <p>- Can return to volunteer if the following 3 CDC criteria are met:</p> <ol style="list-style-type: none"> 1. No fever for 24 hours without the use of fever reducing medications 2. It has been at least 5 days after symptoms first appeared. Day of symptom onset is day zero. 3. All cold/flu symptoms have subsided. |
| Staff | <p>-NO QUARANTINE. YOU DO NOT NEED TO STAY HOME UNLESS YOU DEVELOP ANY OF THE FOLLOWING SYMPTOMS:</p> <ul style="list-style-type: none"> • Fever and/or Chills • Body Aches • Shortness of Breath • Loss of taste and/or smell <p>-Notify Manager and HR</p> <p>-Monitor for ANY cold/flu symptoms</p> <p>-Mask indoors everywhere for 10 full days from date of exposure</p> <p>-Must take PCR test at least 5 full days after exposure or close contact. Day of exposure is day zero. Count 5 days out from there to get to the 5-day timeframe for taking a PCR test.</p> <p>-If PCR is positive, see guidance under 'Positive COVID Test Result'.</p> | <p>-DO NOT COME TO WORK, STAY HOME TO ISOLATE AND REDUCE SPREAD.</p> <p>-Notify Manager and Director of Operations</p> <p>-Get tested with Rapid and PCR Test right away</p> <p>-Quarantine for 5 days after onset of symptoms. Day of symptom onset is day zero.</p> <p>-If symptoms change or get worse after negative PCR test, take another PCR test 5 days into your quarantine and if negative, you can return to work.</p> <p>-Take precautions until day 10.</p> <p>-Wear a well-fitting mask for 10 full days around others.</p> <p>Submit negative PCR COVID test to sheila@gobeyondhunger.org before returning to the office.</p> | <p>-DO NOT COME TO WORK, STAY HOME TO ISOLATE AND REDUCE SPREAD</p> <p>-Notify Manager and Director of Operations</p> <p>-Continue to quarantine through day 5 after onset of symptoms. Day of symptom onset is day zero.</p> <p>-Take precautions and wear a high-quality mask until day 10</p> <p>-Can return to work if the following 3 CDC criteria are met:</p> <ol style="list-style-type: none"> 1. No fever for 24 hours without the use of fever reducing medications 2. It has been at least 5 full days since symptoms first appeared and after your positive test. Day of onset of symptoms is day zero. 3. You no longer have symptoms or your symptoms are improving. |