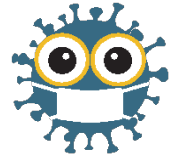


# Cold and Flu Season & COVID-19

Updated Sept 2023



## I just started feeling sick, now what?

- Test yourself for COVID, and if you test positive, follow the instructions below. *Check the expiration date on your test to make sure your test isn't expired.*
- If you test negative for COVID, you can come to work or attend therapy if you can wear a mask anytime you are in a shared space with clients or coworkers. Employees are encouraged to eat meals away from others when they are sick. Masks can be removed when in office spaces alone.
- Continue wearing a mask until all of your symptoms have gone away.

## I've been exposed to COVID-19, now what?

- Wear a mask for 10 days.
  - Day 0 is the day you were exposed, and the next day is Day 1.
- Test for COVID on day 6, or sooner if you start getting symptoms.
  - *Check the expiration date on your test to make sure it isn't expired.*
  - Even if you test negative, continue to wear a mask for all 10 days.
  - If you test positive, follow the steps below.
- Please note that staff will be notified when HR has been alerted of a prolonged exposure in the workplace. We are no longer notifying clients of exposures in our facilities, or staff of potential or brief exposures.

## I've tested positive for COVID-19, now what?

- Stay home and isolate from family members as much as possible for 5 days.
  - Day 0 is the day symptoms start or the day you tested positive if you do not have symptoms.
- Employees should contact their supervisor and HR promptly to notify them of a positive test so that exposed employees can be notified as appropriate.
- You can end isolation and come to work or attend therapy sessions starting on day 6 if you have been fever-free for 24 hours and your symptoms have improved. If you come into work, please remember to keep your mask on at all times when share space with others.
- Continue to wear a mask for a total of 10 days, or longer if you are still experiencing symptoms.
- Contact your primary care doctor or seek assistance at an urgent care or hospital if you are experiencing worsening symptoms or need medical guidance.

***Thank you for your careful attention. Your cooperation plays a meaningful part in keeping our doors open and our kids healthy and safe!***