<u>Procedures for Positive Test Results or Exposure to COVID-19</u>
December 2022

If you get a positive test result or are exposed to COVID-19, please follow the instructions below. TMI will continuously check official guidelines for updates as they happen. Thus, these procedures may change on short notice.

If you test positive for COVID-19, regardless of vaccination status

- Stay home for *at least* 5 days

  ➢ **Ending Isolation and Returning to Work:**

    o If you had **no** symptoms:
        ▪ You may end isolation after Day 5.
        ▪ Continue to wear a high-quality mask while at work through Day 10, regardless of vaccination status.
    o If you **had** symptoms and they have resolved or are **improving**:
        ▪ You may end isolation after Day 5 if:
            ▪ You are fever-free for 24 hours (without the use of fever-reducing medication).
        ▪ Continue to wear a high-quality mask while at work through Day 10, regardless of vaccination status.
    o If you had **moderate illness** (you experienced shortness of breath or had difficulty breathing):
        ▪ You need to isolate through Day 10.
    o If you had **severe illness** (you were hospitalized) or have a weakened immune system:
        ▪ You need to isolate through Day 10; and
        ▪ Consult your doctor before ending isolation.

- When you have COVID-19, isolation is counted in days, as follows:
    o If you had no symptoms
        ▪ **Day 0 is the day you were tested** (not the day you received your positive test result).
        ▪ **Day 1 is the first full day** following the day you were tested.
        ▪ If you develop symptoms within 10 days of when you were tested, **the clock restarts at Day 0 on the day of symptom onset**.
    o If you had symptoms
        ▪ **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive.
        ▪ **Day 1 is the first full day** after the day your symptoms started.

If you are exposed to COVID-19, regardless of vaccination status

- Begin to wear a high-quality mask as soon as you find out you were exposed, and continue to wear a mask through Day 10.
    o Day 0 is the day of your last exposure to someone with COVID-19.
    o Day 1 is the first full day after your last exposure.
- If you begin to feel symptoms, test immediately, if you test positive, follow the above protocols.