

ROCKINGHAM COUNTY COVID-19
WORKPLACE PROTOCOLS

1. Symptomatic: If COVID-19 related signs and symptoms are present, contact Employee Health Services for assessment. Employee Health Services evaluates and suggests course of action. If recommended suggestions include follow up with primary care physician for testing, test results should be discussed with Employee Health Services for release to return to work. Employee Health Services will need a copy of results *prior* to Return To Work (RTW).
 - a. Symptoms may appear **2-14 days after exposure to the virus**. Symptoms may include:
 - fever or chills
 - new cough or worsening of chronic cough
 - shortness of breath or difficulty breathing
 - fatigue
 - muscle/body aches
 - headache
 - sudden and complete loss of taste/smell
 - sore throat
 - runny nose/nasal congestion
 - nausea/vomiting
 - diarrhea
 - loss of appetite
2. If COVID-19 is detected, employee must remain out of work for *at least* 10 days from symptom onset or positive test result and must remain asymptomatic at least 24 hours prior to returning to work. The employee must be fever free for at least 24 hours without the help of any fever reducing medications. Test results should be discussed with Employee Health Services for release to return to work. Employee Health Services will need a copy of test results.
 - a. For individuals who are infected with COVID-19 and experience severe to critical illness symptoms, or are severely immunocompromised, the employee may return to work after *at least* 20 days have passed since symptom onset and at least 24 hours have passed since last fever, without the help of fever reducing medications, and symptoms have improved.

3. If an employee is in close contact with someone who has tested positive for COVID-19 (within 6 ft. and mask off for greater than 10 mins) the employee must quarantine for 14 days since last exposure. If recommended suggestions include follow up with primary care physician for testing, test results should be discussed with Employee Health Services for release to return to work. Employee Health Services will need a copy of results *prior* to RTW.
4. If an employee had close contact with an individual suspected of having COVID-19 (for example: spouse, child), the employee must remain on quarantine until the results of their close contact's COVID-19 testing is known. Contact Employee Health Services for assessment and they will evaluate and suggest the appropriate course of action.
5. If the employee was in close contact with an individual who was in close contact with another person infected with COVID-19, the employee must monitor for signs and symptoms of illness; the employee does not need to quarantine. Contact Employee Health Services for assessment. Employee Health Services evaluates and suggests course of action.

Please note this information is periodically updated based on the recommendations of the CDC and New Hampshire Bureau of Public Health Services and is subject to change at any time and without prior notice.