

## FAQ's for COVID Resource page

### What are the typical symptoms of COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### Isolation versus quarantine, what is the difference?

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

### I have tested positive for Covid-19. What should I do?

Regardless of your vaccination status, anyone who tests positive must

- Isolate yourself at home for 5 days.
- If you have been fever free for 24 hours and have no symptoms or your symptoms are resolving after 5 days, you can leave your house but must continue to wear your mask for an additional 5 days. If you still have a fever or your symptoms have not resolved, you are required to remain in isolation.
- You may return to the Ailey building. We require you to double mask on your return (2 layers of mask protection) for 5 additional days.
- *If you have a fever, continue to stay home until your fever resolves.*

### What happens if I continue to test positive?

- You may test positive up to 90 days after experiencing Covid. Submit official documentation and/or a doctor's note of your positive test result to your department head. The doctor's note should include your name, the date of your positive test result, and a statement that have fully recovered.

### **I have been in contact with someone who tested positive. What should I do?**

- For vaccinated + boosted (those who completed the primary series of Pfizer or Moderna vaccine within the last 5 months or J & J in the last 2 months + a third additional shot)
  - You do NOT need to quarantine. Wear a mask when in public and monitor your symptoms. If you have no symptoms, get tested between day 3-5 after exposure (day of exposure is day 0). If you develop symptoms, get tested immediately and isolate yourself until you get your results. If you test positive, see ***I've tested positive for Covid-19***.
- Vaccinated, but not boosted (completed the primary series of Pfizer or Moderna vaccine more than 5 months ago or J & J more than 2 months who is not eligible for third shot or who hasn't received it)
  - Separate yourself from the individual that tested positive and quarantine for 5 days from the last day of exposure to the individual. If you remain asymptomatic you may exit quarantine to get tested on day 5 but continue wear a mask around other for 5 more days. If your test is positive, see ***I've tested positive for Covid-19***
  - If you cannot separate yourself from the positive individual (I.e you are the caregiver), then stay home with the infected individual for the duration of their isolation and begin your 5-day quarantine at the end of their isolation. See provided case example for clarification.

### **How do I count my quarantine or isolation days?**

- If you tested positive, the day of your positive test result, or the day of your first symptom is day 0.
  - Symptomatic case: You developed a cough on Saturday, June 4<sup>th</sup>. You received a covid test on June 5<sup>th</sup> and your results came back positive on June 7<sup>th</sup>. Your day 0 is June 4<sup>th</sup> and day 5 is June 9<sup>th</sup>. You may exit isolation on Day 6, June 10<sup>th</sup>.
  - Asymptomatic case: You have no symptoms, but you received a covid test on June 5<sup>th</sup> and your results came back positive on June 7<sup>th</sup>. Your day 0 for monitoring symptoms starts June 5<sup>th</sup> and your recommended testing window is between June 8<sup>th</sup>-10<sup>th</sup>.
  - Exposure case: Please refer to ***I have been in contact with someone who tested positive. What should I do?***

### **What to do for quarantine?**

- Stay home and away from other people for at least 5 days (day 0 is the date of your exposure). Wear a well-fitting mask when around others at home, if possible.
- If possible, stay away from people you live with, especially people who are at higher risk for severe disease or for getting very sick from COVID-19, as well as others outside your home throughout the full 10 days after your last close contact with someone with COVID-19.
- Do not travel during your 5-day quarantine period. It is best to wait until day 11 before traveling. If you must travel before the 10-days are completed, wear a well-fitting mask when you are around others for the entire duration of travel during.

- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until after 10-days after your last close contact with someone with COVID-19.

#### **Do I need to get a PCR test to enter the building?**

- A negative PCR is required to enter the building for the 1<sup>st</sup> time. However, if you have recently tested positive for Covid-19, you may continue to test positive for up to 90 days. We ask that you contact the head of your department, submit proof of your positive test result or doctor's note attesting to these facts.
- Antigen tests are **NOT** acceptable.

#### **Do I need a booster to enter the building?**

- Yes. Upon the advice from Ailey's medical team and the AGMA Playbook updated December 21, 2021, Emergency Guidance on Omicron Surge, Ailey has instituted a COVID booster shot mandate for those who are eligible (more than 5 months from your Moderna or Pfizer or 2 months from JJ) to receive it. Under this mandate, those who do not have an Ailey-approved exemption from vaccination must get a booster shot when eligible and supply Ailey with proof of that booster shot. All booster-eligible individuals must complete their vaccines no later than January 31<sup>st</sup>.

#### **What is a Covid Report Form?**

- Ailey has developed a system to track Covid positive cases in the building. If tested positive onsite, you will receive an email stating your health status and a google form to fill out. This link will include fields where you add information about yourself and who you have been in close contact with in the past 2 weeks. Once this form is sent to us, we can document and track positive cases as well as provide you with information about your quarantine. We stress how important it is to fill out this form as accurately as possible to ensure we have the correct information in the system.

[Ailey COVID event report](#)