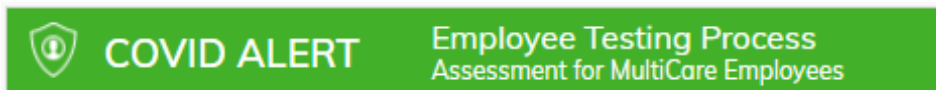


Employee COVID Exposure Frequently Asked Questions



1. **I was exposed to a confirmed COVID-19 positive person outside of work. What do I do?**
 - a. Are you still in close physical contact with this person?
 - i. YES – Quarantine for 14 days. Get tested 5-7 days after the date of exposure.
 - ii. NO – You may work as long as you are asymptomatic, but need to be tested for COVID-19 5-7 days post-exposure.
 1. If the test result is Negative – return to work.
 2. If the test result is Positive contact the COVID Employee Exposure Response Team (CEERT):
 - a. Email - covidemployeesupport@multicare.org
 - b. Phone - 253.403.6440
2. **My significant other and/or child and/or other household member is COVID-19 positive. What do I do?**
 - a. Get tested for COVID-19 5-7 days after the date of exposure; quarantine until test is resulted.
 - i. If your test result is Negative AND you are able to quarantine away from them, you can go to work.
 - ii. If your test result is Negative and you are NOT able to quarantine away from them, you are to remain quarantined for 14 days from the household member's positive test result.
 - iii. If your test result is Positive, contact the COVID Employee Exposure Response Team (CEERT):
 1. Email - covidemployeesupport@multicare.org
 2. Phone - 253.403.6440
3. **I just returned from traveling out of state and am ASYMPTOMATIC. What do I need to do?**
 - a. Critical staff: Return to work and aggressively monitor symptoms twice a day and **be tested 5-7 days** from your return to Washington. If you develop COVID-19 symptoms notify your supervisor, go home, and notify COVID Employee Exposure Response Team.
 - b. Non-critical staff: Quarantine for 14 days before returning to work, or if possible, work remotely.
4. **I am symptomatic. How do I get tested?**
 - **Go to:** This link: <https://indigo.zipnosis.com/>
 - Then choose employee testing.
 - Please use **promo code MHSC19**
 - **OR** on point multicare click



And follow the instructions on the BOT (robot) online

5. **I was COVID-19 positive and want to Return to Work (RTW). What do I do?**
 - a. Contact the COVID Employee Exposure Response Team (CEERT) for next steps:
 - i. Email - covidemployeesupport@multicare.org
 - ii. Phone - 253.403.6440
6. **I've received a COVID-19 positive test result for myself. What do I do?**
 - a. Contact the COVID Employee Exposure Response Team (CEERT):
 - i. Email - covidemployeesupport@multicare.org
 - ii. Phone - 253.403.6440

Employee COVID Exposure Frequently Asked Questions



7. I was COVID positive less than 90 days ago:

- a. My significant other and/or child and/or house hold member is positive now. I was positive less than 90 days ago. What do I do?
 - i. You do not need to quarantine as, per CDC, it is unlikely that you will contract the virus again.
- b. I was COVID positive less than 90 days ago and now I'm symptomatic again what do I do:
 - i. Follow up with your physician, only they can determine if the symptoms are due to another disease/infection and provide you a plan of care.

8. I want to be vaccinated but I have a pending test:

- a. Is the test due to SYMPTOMS – yes
 - i. You will need to wait and get the vaccine 14 days from when your symptoms started
 - ii. Your symptoms MUST be improved before getting the vaccine.
- b. Is the test due to EXPOSURE – yes
 - i. You will need to wait and get the vaccine 14 days from when you were exposed.
- c. Is the test due to at work SURVEILLANCE – yes
 - i. You may get the vaccine

9. Post COVID Vaccine s/s and what to do:

- a. If you HAVE NOT had unprotected exposure to COVID AND received the vaccine within the last 3 days you may continue to work with the following symptoms:
 - i. Itchy skin
 - ii. Anaphylaxis
 - iii. Pain, swelling, or redness at the injection site
 - iv. Fatigue, head ache, fever, chills, muscle/join pain, diarrhea/vomiting
- b. DO NOT work if you have the following s/s post vaccination and follow up with COVID testing via the instructions in #5:
 - i. Cough
 - ii. Shortness of breath
 - iii. Rhinorrhea
 - iv. Sore Throat
 - v. Loss of taste/smell

10. I received BOTH vaccines do I still have to follow the above directions related to exposure, symptoms, etc?

- a. Yes, at this time there have been no changes from CDC regarding those who have been vaccinated vs not vaccinated. We are monitoring CDC frequently and if there are updates we will consider those and update direction to ensure our staff and patients are kept safe.

11. I received a bill after my covid test, what do I do?

- a. Call 253.403.1000 and press #2