

# **CDC COVID-19 Protocol as of December 19, 2022**

**This protocol comes from the CDC. We are following the CDC Guidelines**

## **I. DO YOU HAVE COVID-19?**

If yes, then isolate for 5 days (day 0 is the day of symptom onset or, if asymptomatic, the day of collection of the first positive specimen). If after the initial 5 days you are asymptomatic or your symptoms are resolving (meaning, they are much better AND without fever for 24 hours), follow that by 5 days of wearing a mask when others are around to minimize the risk of infecting people you encounter.

## **II. WHAT IF I WAS ONLY EXPOSED TO COVID-19?**

- a. You do not need to quarantine but must wear a mask strictly for 10 days.
- b. You should get a test 5 days after exposure.
- c. If after exposure you develop symptoms, immediately quarantine until a negative test confirms symptoms are not attributable to Covid-19.

## **III. IF YOU HAVE COLD OR FLU SYMPTOMS**

- a. Do not come to work until you tested for flu and/or Covid-19.