



HISRA Health Screen and Exclusion Guidelines

Masks are optional in HISRA facilities and programs. HISRA programs will follow all State of Illinois masking guidelines and/or facility in which program takes place if guidelines are stricter.

<u>STAY HOME</u>	<u>WEAR A MASK/TEST RECOMMENDED</u>
Fever	Cough
Sore throat	Congestion
Loss of taste and/or smell	Runny nose and/or nasal drainage
Gastrointestinal concerns (vomiting, diarrhea, etc.)	Unexplained headache
	Chills
	Difficulty breathing or shortness of breath
	Unexplained muscle aches or fatigue
	Anyone in household is COVID positive, waiting on a result or displaying symptoms
	Close contact with someone confirmed COVID positive

(close contact includes household contacts, intimate contacts, or contacts within 6 ft for 15 minutes or longer unless wearing N95 mask)

POSITIVE TEST

If employee or participant, regardless of vaccination status, is asymptomatic, employee may return to programming/work after 5 days depending upon job duties and participant contact/risk. (Day 0 is specimen collection date.)

If an employee or participant is symptomatic (vaccinated or unvaccinated), employee may return to work/programming 5 days (return to work day 6) after positive test and wear a mask for 5 days post return to work/programming. *this could increase depending upon the level of care and contact. (Day 1 is symptom onset date.)

You are fever-free for 24 hours (without the use of fever-reducing medication)

Your symptoms are improving

If you still have fever or your other symptoms have not improved, continue to isolate until they improve

In all cases the following must happen to return to work/program:

Fever free without meds for 24 hours

AND no GI symptoms for 24 hours

AND must be able to wear a mask for duration of shift/program.



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[What to do if you were exposed to COVID-19](#)

Each case has different circumstances based upon the program and participants...so contact HISRA management team member immediately. If you were exposed to the virus that causes COVID-19 or have been told by a healthcare provider or public health authority that you were exposed, here are the steps that you should take, regardless of your vaccination status or if you have had a previous infection. Learn how COVID-19 spreads and the [factors that make risk of spread higher or lower](#).

Wear a mask for 10 days (day 1 is first full day after your exposure.) regardless of vaccination status.

- Watch for symptoms-fever, cough, shortness of breath and [other COVID-19 symptoms](#)
- If you develop symptoms, isolate immediately, get tested and stay home until you know results.

HISRA will accept PCR, Antigen or at home tests. Report test results verbally to supervisor.