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BERKSHIRE COUNTY BOARDS OF HEALTH ASSOCIATION

COVID19 Requirements for Employers and Employees: (2022.09.19)

Employer Actions: (Note, all this information is subject to change based on current conditions.)

- a. Advise COVID positive employees to tell their personal close contacts of their positive status.
- b. Provide staff with links for information. [COVID-19 Isolation and Exposure Guidance for the General Public | Mass.gov](#)

Isolation: Positive PCR/Antigen test or Diagnosis

1. When did you test positive (PCR or Antigen) or when were you first symptomatic?
 - a. Day 0 is the earlier of these two dates. Vaccination status is not relevant.
 - b. With or without symptoms, assume a positive test means you are contagious.
2. Days 1 –5, Isolate. Don't go anywhere. Avoid all others. Wear a fitted mask when around others, at home or in public; inside or outside.
3. Day 6. If you are fever-free for 24 hours without the use of medication and your symptoms are improving, or you never had symptoms, or you want confirmation of your status.
 - a. If you want to test out of masking, rapid antigen test on or after Day 6 or PCR test if no COVID infection for last 90 days.
 - i. If the test is negative, take another test in 48 hours on or after Day 8.
 - ii. If the test is positive, continue to isolate and wear a mask around others.
 - iii. With improved symptoms and two negative tests spaced 48 hours apart after Day 5, you may discontinue isolation and masking before Day 11.
 - b. Individuals with [moderate illness or severe illness](#), who were hospitalized or with a weakened immune system, should isolate until Day 11 and consult their doctor before ending isolation.
4. If Unable to Mask: stay home and away from others and continue to isolate until Day 11 and symptoms are improving, or you have two negative tests after Day 6 at least 48 hours apart.
5. After isolation ends, if symptoms re-occur or get worse, go back to Day 0. Call your doctor if concerned.

Exposed: Exposure to a Positive Case and are Asymptomatic

1. If you were exposed to COVID-19, regardless of your vaccination status and are asymptomatic:
 - a. Asymptomatic means no symptoms, you feel normal. Unexplained exhaustion is a symptom.
 - b. Wear a mask around everyone for 10 full days if able, or you test negative on/after Day 6.
 - i. Day 0 is Exposure Date
 - ii. Day 1 – 10: Wear a high-quality mask for at least 10 days when around anyone
 - iii. Day 6: Get tested to see if it is safe to stop masking.
 - c. If no symptoms, test on or after Day 6 to monitor your infection status.
 - i. PCR if no COVID infection for 90 days or Antigen if COVID last 30 days, or if symptoms.
 - ii. Test again after 48 hours if the test is negative. Individuals with mild cases of COVID19 can test negative several times before testing positive. Take precautions for 10 days.
2. If at any point you develop symptoms:
 - a. Follow above Isolation Protocols and test.
 - b. If test is positive, assume you have COVID19 and are contagious. Follow Isolation rules.
 - c. If test is negative, test again on Day 6 and continue to follow Exposed rules until Day 11.
3. If unable or unwilling to wear a mask, stay home and away from others until Day 11.
4. More information on testing. [COVID-19 Testing: What You Need to Know | CDC](#); [Berkshire Public Health Alliance - Berkshire Regional Planning Commission \(berkshireplanning.org\)](#) -