

## Employee FAQ: COVID-19 Exposure

### After being exposed to a person with COVID-19 or COVID-19 symptoms, do I need to quarantine?

- Staff and students who may be close contacts, regardless of their vaccination status, can continue to attend work/school as long as they remain asymptomatic.
  - Those who can wear a mask should do so for 10 days (day 0 is the last date of exposure).
  - A test at 3-5 days after exposure is recommended, especially for those who cannot wear a mask.
- If you develop symptoms after exposure, stay home and away from others and test for COVID-19.
  - If you test positive for COVID-19, see the [Positive COVID-19 Test FAQ](#) and follow the recommendations for isolation.
  - If you test negative, you may return when your symptoms improve, and you are fever free for 24 hours without medication.
    - If your symptoms do not improve, consider re-testing and/or seeking medical care.

### During the 10-day masking period, when can I remove my mask while at work/school?

- Masks may be removed when eating.
- Unmasked time should be minimized, and physical distancing and ventilation maximized during these times.

### I have no symptoms, am I required to get tested for COVID-19 after exposure?

- COVID-19 testing (rapid or PCR) is recommended but not required for a person with known exposure.
- Testing should occur 3-5 days after the exposure or as soon as symptoms begin.

### What do I do if I test positive following exposure?

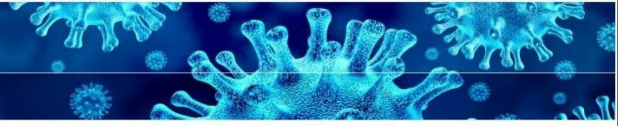
- Notify your supervisor that you tested positive and isolate at home from the beginning of symptoms or the date of the test.
- Complete this [Microsoft Form](#) to provide complete information about your infection.
- See [Positive COVID-19 Test FAQ](#)

### Resources:



## COVID-19 Information

Office of Health Services 443-809-6368



Baltimore County Department of Health - [Testing Locations & Vaccine Clinics](#)

Maryland Department of Health – [After Exposure to COVID-19](#)

CDC – [About Variants of the Virus that Causes COVID-19](#)

CDC – [COVID-19 Vaccine and Booster Shots](#)