



SPC COVID -19 Communication
8.5.24

COVID continues to affect our lives and there is a considerable amount of information available from multiple sources regarding recommended protocols to follow if you contract or are exposed to the virus. To clarify our policy, we have revised our Isolation/Quarantine as follows:

Condition	Isolation/Quarantine	Additional Criteria
Tests Positive for COVID-19 with symptoms	Isolate for at least 24hours <u>after</u> your symptoms are better overall and you have not had a fever (and not using any fever reducing medication)	When you go back to your normal activities, take added precautions over the next 5 days, such as taking steps for cleaner air hygiene, masks, physical distancing, and/or testing when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses
Tests Positive for COVID-19 without symptoms	None Required	When you go back to your normal activities, take added precautions over the next 5 days, such as taking steps for cleaner air hygiene, masks, physical distancing, and/or testing when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses
Exposed, regardless of vaccine status or previous case of COVID-19 within the last 90 days	None Required	When you go back to your normal activities, take added precautions over the next 5 days, such as taking steps for cleaner air hygiene, masks, physical distancing, and/or testing when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses

To protect yourself and others from any illness it is best to stay home and only return to work after you have had 24 symptom free hours. The best prevention against any illness is to use good hygiene practices such as frequent hand washing, cleaning hard surfaces, physical distancing, changing filters in job trailers and masks.

If you have any questions please contact
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