



ALASKA DOC SUPERVISOR GUIDANCE FOR COVID-19

EFFECTIVE 03/26/2021

For testing questions contact the COVID Hotline at 907-586-6000.

1. Does the employee have symptoms of COVID-19 including new onset of any of the following:

- Fever*
- Muscle/joint aches*
- Cough
- Shortness of breath
- Chills
- New loss of taste or smell
- Diarrhea
- Fatigue
- Headache
- Nausea or vomiting
- Congestion or runny nose
- Sore throat

- If answer is **NO** – Proceed to Question 2
- If answer is **YES** – Employee will be sent home.
 - Provide the employee with a cloth face covering.
 - Recommend the employee contact a local testing center for COVID-19 testing **on or about day six** from the last possible exposure, sooner if symptoms develop.
 - Let the employee know that they may not return to work until either Return to Work Criteria A or B are met depending on test results.
 - If Return to Work Criteria are met, the employee does not need a doctor's note/release to return to work.
 - If the test is POSITIVE, the employee will be allowed to return to work once Return to Work Criteria A are met, unless otherwise directed by Public Health.
 - If the onset of new symptoms is thought to be from something other than COVID-19, let the employee know that unless otherwise directed by the employee's health care provider or public health, they may not return to work until NEGATIVE test results are received and the employee meets Return to Work Criteria B.

**An employee who reports symptoms of fever and/or muscle/joint aches AND has received the COVID-19 vaccine within 48 hours may come to work AS LONG AS the symptoms did not begin until after vaccination. If the symptoms persist beyond 72 hours or if at any point the employee loses his or her sense of taste or smell, the employee must go home immediately and should seek COVID testing.*

NOTE: *If an employee becomes sick with any of the symptoms listed in #1 above at any time, the employee shall be sent home immediately. Surfaces in their workspace shall be cleaned and disinfected and, whenever possible, a list of persons who had close contact with the employee during the time the employee had symptoms & two days prior to symptoms shall be compiled.*

2. If fully vaccinated (as defined in Return to Work Criteria C) skip to #3. If not fully vaccinated, employees must follow these guidelines:

- Within the past 14 days has the unvaccinated employee been in close contact with any of the following:
 - Someone who is asymptomatic but has been tested for COVID (including close contacts or those for whom testing is travel related, for a medical procedure, personal choice, etc);
 - If so, the employee may come to work but must leave work immediately if the other person becomes symptomatic or receives positive test results.
 - Someone who has symptoms and is awaiting test results;
 - If so, the employee may not come to work until the other person's test comes back negative.
 - NOTE: If the other person has symptoms but does not get tested, the employee may not come back to work for 14 days from the date of last exposure.
 - Someone who has tested positive for COVID-19?
 - If so, the employee may not come to work until Return to Work Criteria C have been met. NOTE: The CDC recommends testing around day six from the last possible exposure, sooner if symptoms develop.
 - If the employee has **NO CLOSE CONTACTS**, the employee may come to work.

NOTE: If the employee is named as a close contact but has tested positive within the last 90 days AND the employee has completed the isolation period, the employee is not considered a close contact.

3. Within the past 5 days has the employee returned from travel outside Alaska?
 - If answer is **NO** – Employee may come to work
 - If the answer is **YES** and the employee is an Alaska resident and was out of state for less than 72 hours, the employee may come to work.
 - If answer is **YES** and the employee has either taken a COVID test upon return to Alaska with negative results OR has taken a test within 72 hours of departure with negative results, the employee may come to work.
 - NOTE: While on the work site—including while on breaks, while awaiting entry point screening, or while on post—the employee must, at a minimum, wear a cloth mask, practice social distancing whenever possible, wash hands frequently & clean items/work area on an end-of-use basis for 5 days after returning to Alaska.
 - If the answer is **YES** and the employee declines to test, the employee may not come to work for 14 days.

4. Has the employee been tested for COVID-19 in the last 10 days? If the answer is yes, the employee may not return to work unless:
 - The employee was tested as an unvaccinated close contact and has completed a 14-day quarantine, OR
 - The employee was symptomatic and meets the Return to Work Criteria A or B, OR
 - The employee was tested as part of an asymptomatic broad-based screening during a contact investigation AND he or she remains asymptomatic, OR
 - The employee has tested positive AND he or she has been cleared in accordance with the Return to Work Criteria A unless otherwise instructed by public health staff.

NOTE: If the employee was required to test due to a non-COVID related medical procedure and the employee is asymptomatic, the employee may come to work.

- Employees with out of state positive results must have Public Health clearance before returning to work.
- If the employee tests positive more than once in a 90-day period, the employee may come to work once the initial isolation period has been completed.
- If the employee tests positive more than once but 90 days has elapsed since the first positive result, the employee may not come to work and must follow applicable return to work criteria.

RETURN TO WORK CRITERIA A

(For employees with a positive test result or who are symptomatic but do not yet have a test result)

- 1) at least 10 days have passed since symptoms first appeared (or date test performed if no symptoms); AND
- 2) at least 24 hours has passed since resolution of fever without the use of fever-reducing medication; AND
- 3) improvement in cough and shortness of breath (if part of illness).

NOTE: Criteria A converts to Criteria B once a negative test result is received.

RETURN TO WORK CRITERIA B

(For employees on isolation due to symptoms but who have a negative COVID test result)

- 1) at least 24 hours has passed since the resolution of fever without the use of fever-reducing medication; AND
- 2) improvement in other symptoms.

RETURN TO WORK CRITERIA C

(For employees who are on quarantine due to being name a close contact)

- 1) **Are fully vaccinated (i.e., at least two weeks have passed following receipt of the second dose in a 2-dose series, or at least 2 weeks has passed following receipt of single-dose vaccine) AND have remained asymptomatic since the current COVID-19 exposure; OR**
- 2) at least 14 days have passed since the last possible contact with a person with lab confirmed COVID; AND
- 3) no symptoms have developed AND
- 4) negative results have been received, if testing occurred (CDC recommends testing on or after day six of quarantine for all close contacts).