

CITY OF SAINT PETER EMPLOYEE
COVID POLICY – UPDATED DECEMBER 30, 2020
Effective January 1, 2021



A. If you have COVID 19 symptoms or test positive:

1. For 10 days, you must QUARANTINE:
 - a. Stay home from work and all other activities.
 - b. Stay apart from others.
 - c. Do not share anything that others touch like phones, eating utensils, remote controls, etc. If you must share a bathroom, clean with disinfectant wipes after each use.
 - d. Call you supervisor and tell them your situation.
 - e. Stay home until these three things have been met:
 - i. It has been at least 10 days since your symptoms first started; and
 - ii. You are fever free for 24 hours without using fever reducing medicine; and
 - iii. You have no symptoms from the Covid Symptom Checklist.

B. If you have close contact to someone who has tested positive or someone who develops symptoms for COVID within two days* (48 hours) after your contact – whether at home, work or in the community:

**This time period is when the person with COVID is most infectious. To be clear, "close contact" means within 6 feet for 15 minutes over a period of 24 hours. The 15 minutes is cumulative so if for example you stop in my office for 5 minutes three times in one day, that equals 15 minutes.*

1. For 10 days, you must QUARANTINE:
 - a. Stay home from work and all other activities.
 - b. Stay apart from others.
 - c. Do not share anything that others touch like phones, eating utensils, remote controls, etc. If you must share a bathroom, clean with disinfectant wipes after each use.
 - d. Call you supervisor and tell them your situation.
2. If you do not get sick (i.e. you have no symptoms as outlined on the City's COVID Symptom Checklist shown below), you should be tested **after 5 days**. If your test comes back negative and you have not developed symptoms, call you supervisor and they will tell you what to do in order to return to work.
3. If you get sick (i.e. you have symptoms as outlined on the City's COVID Symptom Checklist shown below), during your time away from work you must QUARANTINE:
 - a. Continue to stay home from work and all other activities.
 - b. Stay away from others.
 - c. Do not share anything that others touch like phones, eating utensils, remote controls, etc. If you must share a bathroom, clean with disinfectant wipes after each use.
 - d. Stay home until these three things have been met:
 - i. It has been at least 10 days since your symptoms first started; and
 - ii. You are fever free for 24 hours without using fever reducing medicine; and
 - iii. You have no symptoms from the Covid Symptom Checklist.

COVID SYMPTOM CHECKLIST

- Fever equal or greater than 100.4⁰ F
- New sore throat or worsening cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Nausea
- Vomiting
- Diarrhea
- Chills
- Muscle pain
- Excessive fatigue
- New onset severe headache
- New onset nasal congestion or runny nose