

Checklist for Employees Testing Positive for COVID-19**POSITIVE: What does it mean if my PCR test result is positive?**

It means you are infected with COVID-19 at the time of the test.

Who will contact me?

- Matrix** – A clinician from Matrix will call your mobile # on file to inform you of being Positive and instruct you how to self-isolate safely
- Matrix** – will conduct a contact tracing interview to identify as close contact exposures at work up to 48 hours prior to your Positive test
- Health Authority** – Your state’s health authority may contact you to conduct their own contact tracing interview to identify any close contact exposures in your household or community

How is a Close Contact defined?

- A close contact is someone with whom you were within 6’ of for 15 minutes of cumulative (total combined) time over 24 hours, regardless if facial masks or other PPE
- Passing someone in the hallway is NOT considered a close contact exposure

Who should I contact?

- Contact your primary care provider
- If you live with any school-aged children, you should contact their school immediately.
- Also contact their pediatrician and ask about testing options

What does it mean to “isolate?”

- You are required to remain at home, separated from members of your household
- You are required to isolate for 10 days from the day of the Positive test unless you develop symptoms
- Current practice does NOT include testing out of isolation
- You are removed from weekly onsite testing for a 90-day period (you’ll be notified prior to restart)

What do I need to properly “isolate” at home? ([Self-Isolation and Self-Quarantine Checklist from CDC](#))

- You are required to remain at home, separated from members of your household
- Bedroom: Access to or the ability to designate a private bedroom
- Bathroom: Access to or the ability to designate a private bathroom
- Groceries: Access to groceries and/or food delivery without leaving your home

What if I develop symptoms while isolating?

- Contact your primary care provider and your Matrix clinician
- Your isolation period will be extended (see below)

If I test positive, how long before I can return to onsite work?

Mercury is following the CDC’s guideline that includes two scenarios:

- (1) If you never develop symptoms you may return to onsite work 10 days after the positive test
- (2) If you have symptoms you may return to onsite work: after at least 10 days have passed since onset of symptoms; and at least 24 hours since resolution of fever without the use of medications; and other symptoms have improved.

What resources are available to me?

- COVID Sick** – You are eligible for 120 hours of sick time if unable to perform your job remotely
- Employee Assistance Program** – Available 24/7 for support to you and your household members.