

# Covid Symptoms and Exposures after hours information updated 5/1/2023

**If you have difficulty breathing, chest pain, confusion, blue lips, or severe headache with fever, call 911 or go to the Emergency Department immediately. Once stable, contact the JHCCC.**

**Employees with Prior COVID-19 Infection Within the Last 90 days**  
Do not proceed and refer to [FAQ's: COVID Positive within 90 days](#) for more information.

## Acceptable COVID Test

- 1) PCR
  - 2) Lumira point-of-care antigen
  - 3) Any COVID test that resulted in a positive result.
  - 4) FDA-Approved Home COVID Tests- *Please review the links below*
- [List of FDA-approved OTC COVID Tests](#)
  - [Understanding OTC COVID Test Results](#)

## At-home COVID-19 antigen test

- **If you receive a positive result on any at-home COVID test**, report your positive COVID test using the form on the [JHCCC website](#).
- **If you have COVID-19 symptoms**, test now, if you receive a negative result, test again 48 hours after the first negative test, for a total of at least two tests.
- **If you do not have COVID-19 symptoms and believe you have been exposed to COVID-19**, test on Day 5, if you receive a negative result, test again 48 hours after the first negative test, then 48 hours after the second negative test, for a total of at least three tests.
- If you get a negative home test result and you are concerned that you could have COVID-19, you may choose to test with a Lumira Rapid Antigen test (available at Johns Hopkins), get a PCR test, or call your health care provider.

## Precautions to Follow

- Wear **mask** for 10 days from the day your symptom started or if exposed, 10 days from when the contact's symptom started or positive test (if they never had symptoms). (Contact= person who had a positive COVID test that you were exposed to.)
- When eating or drinking, **distance** yourself at least 6 feet from others.
- Per Infection Control Policy, do not report to work onsite until **fever, diarrhea, and vomiting free for 24 hours** without the use of fever reducing medicine (if you had fever).
- If you were **exposed and develop symptoms** at any time, test for COVID as soon as possible. If the result is negative, test again 5 days after the date the contact's symptom started or positive test (if they never had symptoms).

### Test Result:

\*\*If COVID NEGATIVE, re-test for new or worsening symptoms or any new household exposures.\*\*

\*\*If COVID POSITIVE, report using the form on the [JHCCC website](#)\*\*

## SYMPTOMS Regardless of vaccination

(fever, diarrhea, vomiting, loss of taste, loss of smell, cough, runny nose, congestion, sore throat, chills, headache, muscle ache, new onset fatigue)

<b>Location</b>	<p><u><b>MARYLAND</b></u></p> <ul style="list-style-type: none"> <li>• JHM</li> <li>• JHU School of Medicine</li> </ul> <p><u><b>WASHINGTON DC</b></u></p> <p>Employees working at Hopkins <b>healthcare</b> facility (Sibley, Grand Oaks, etc.)</p>	<p><u><b>FLORIDA</b></u></p> <ul style="list-style-type: none"> <li>• <u><b>MARYLAND</b></u></li> <li>JHU excluding School of Medicine</li> </ul> <p><u><b>WASHINGTON DC</b></u></p> <p>Employees working at Hopkins <b>non-healthcare</b> facility like JHU SAIS, etc.</p>
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• May continue to work</li> <li>• Test for COVID.</li> <li>• <b>Exception: Complete Loss of Taste and/or Smell, Fever, Diarrhea, Vomiting-</b> <ul style="list-style-type: none"> <li>◦ Do not report to work on-site.</li> <li>◦ Call out per your department's standard call-out policy.</li> <li>◦ May continue to work remotely, if able and per department's approval.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Do not report to work on-site.</li> <li>• Call out per your department's standard call-out policy.</li> <li>• May continue to work remotely, if able and per department's approval.</li> <li>• Test for COVID.</li> </ul>

## EXPOSURE to COVID and you have no symptoms (Day 0= symptom onset or positive test date, whichever is first)

<b>Location</b>	<p><u><b>All JHM AND BOOSTED JHU personnel</b></u></p>	<p><u><b>JHU NOT BOOSTED AND JHU NOT VACCINATED</b></u></p>
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• May continue to work.</li> <li>• Test for COVID on Day 5 from household contact's symptom onset or positive test date (if they never had symptoms). If negative by home test, follow retest instructions above.</li> <li>• If multiple positive household contacts             <ul style="list-style-type: none"> <li>▸ Count 5 days from the last person who developed symptoms or 5 days from their test date if they did not develop symptoms.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Do not report to work on-site.</li> <li>• Call out per your department's standard call-out policy.</li> <li>• May continue to work remotely, if able and per department's approval.</li> <li>• Test for COVID on Day 5 from household contact's symptom onset or positive test date (if they never had symptoms).</li> <li>• If COVID NEGATIVE by PCR or Lumira antigen test on Day 5, you may return to campus.</li> <li>• If multiple positive household contacts             <ul style="list-style-type: none"> <li>▸ Count 5 days from the last person who developed symptoms or 5 days from their test date if they did not develop symptoms.</li> </ul> </li> </ul>