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Employee COVID Policy

Benchmark Family Services follows the CDC's recommendations regarding exposure and testing for COVID-19. Please use the flowchart below to guide your decision-making process regarding COVID-19. Updated 11/7/22.



I just found out I have been exposed to COVID-19



Day 0 is the day of your last exposure to someone with COVID-19.
 Day 1 is the first full day after your exposure.

YOU DO NOT HAVE TO ISOLATE BUT START WEARING A MASK IMMEDIATELY.

Watch for COVID-19 symptoms: fever of 100.4F or greater, cough, and shortness of breath.



Test for COVID on Day 6 after exposure, even if you don't develop any symptoms.

I have tested COVID Negative



I have tested COVID Positive



Wear a mask through Day 10.

Watch for symptoms. You can still develop COVID up to 10 days after exposure.

Symptoms commonly include:
 fever of 100.4F or greater,
 cough, and shortness of breath.

Isolate immediately and continue to Page 2.

I HAVE NO SYMPTOMS - Day 1 is the first full day following the day you tested positive for COVID.

I HAVE SYMPTOMS - Day 1 is the first full day following start of your symptoms, regardless of the date you tested positive for COVID.

Ending Isolation & Returning to Work



I am having
NO symptoms

You may return to
work on Day 6.

Continue wearing a
mask through Day 10.



I am having
MILD symptoms

SYMPTOMS IMPROVING
You may return to work on
Day 6 if you are fever-free for
24 hours without using fever-
reducing medications.

SYMPTOMS NOT IMPROVING
You may return to work once
your symptoms are improving
and you are fever-free for 24
hours without medication.



I am having
MODERATE or
SEVERE symptoms

MODERATE SYMPTOMS
If you experienced shortness
of breath or had difficulty
breathing, you must isolate
through Day 10. You may
return to work on Day 11.

SEVERE SYMPTOMS
If you were hospitalized or
have a weakened immune
system, you must isolate at
least through Day 10 and
consult your doctor before
ending isolation. You may
return to work after you are
cleared by your doctor.



NOTE: These guidelines
apply regardless of your
vaccination status!

BE PART OF THE SOLUTION!

