

LOPD COVID-19 GUIDANCE

NEW for 2023

What Is Different About This New Guidance

- Previously, whenever an employee tested positive for COVID-19, the employee notified their supervisor(s). Then a chain of processes took place that ultimately ended up with LOPD-Human Resources (HR) taking responsibility for contacting the affected employee, doing what was called a contact tracing interview, and doing other, behind the scenes activities.
- Contact Tracing is no longer required. The new Guidance turns over the processing of a positive COVID-19 case to the affected employee and their supervisor. HR no longer needs to be notified of positive cases. However, if you need to contact HR with questions about the process or concerns, please feel free to do so at lopd-hr@lopdnm.us.
- In the following slides, we will provide additional information on the process envisioned by and the links contained in the Guidance.

What is the Same About The New Process

- Even though the Public Health emergency in relation to COVID-19 is expiring, and COVID-19 is now broadly considered to be Endemic, we need to remember it is still present and highly contagious. Employees should still be self-monitoring for symptoms, which may include the following (note some of these symptoms may overlap with those of other conditions):
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

What is the Same...Continued

- An employee who has symptoms should either stay home and test, or should test at work if they have a test available and symptoms develop there, or they should go home and test.
- An employee who tests positive for COVID-19 should immediately notify their supervisor(s).
- An employee who tests positive for COVID-19 should stay home for the duration of their isolation period, which typically is either a minimum of (5) days from the date of symptom onset or a minimum of (5) days after the positive test if the employee does not have symptoms.
- An employee who tests positive for COVID-19 does not need a negative test to return back to work. They only need to pass the (2) pronged questions after the minimum isolation period concerning a) having no fever on the 5th day of isolation without using fever reducing medication and b) general symptoms either significantly improving or completely improving.
- An employee who is able to return after isolation should wear a mask around others at all times for the next (5) days.
- **Note:** The above guidelines are for general purposes and not for severe cases. Please refer to the NM Department of Health information that is highlighted in the Guidance for additional information about severe cases.

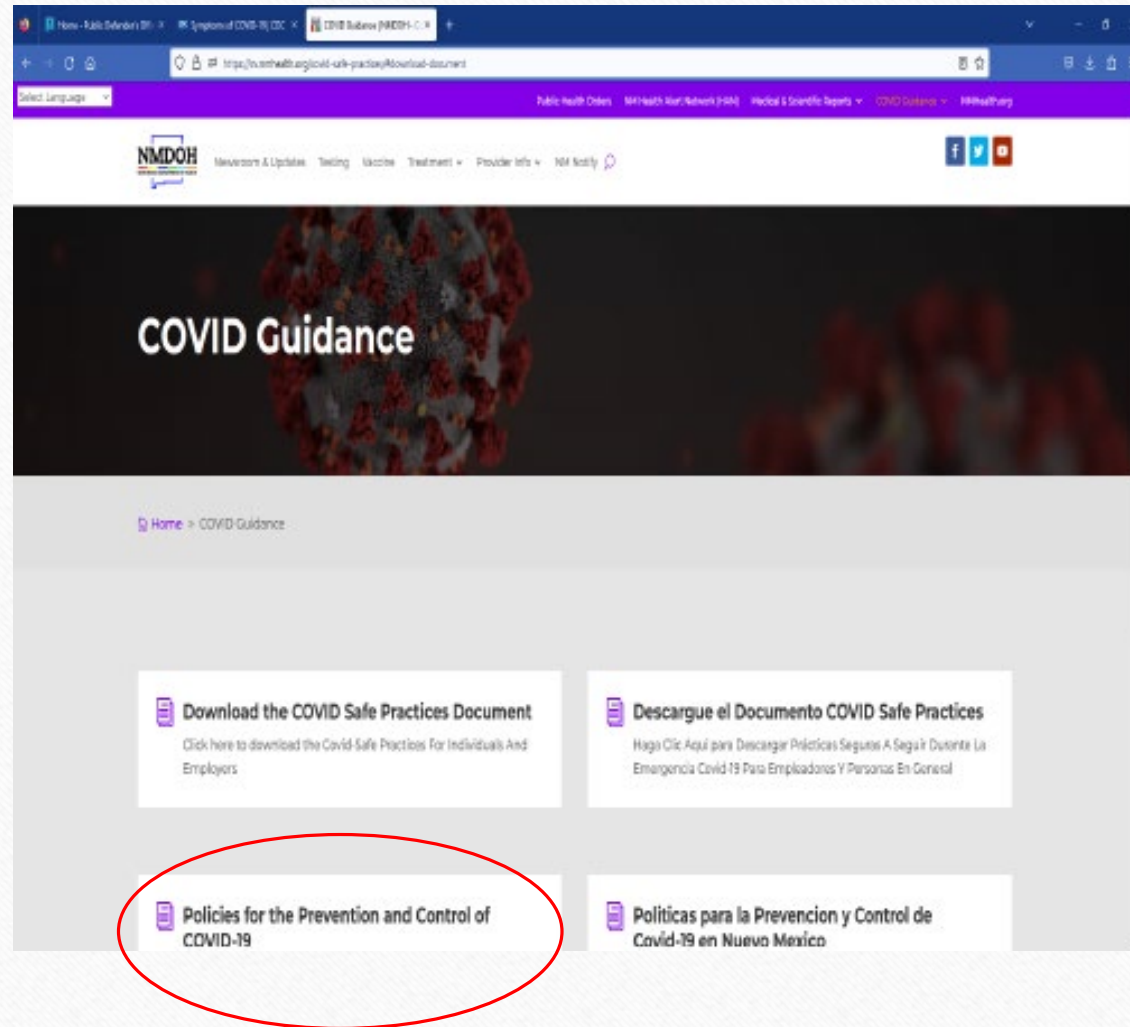
What is Different About the New Process

- Once the supervisor has been notified by the COVID-19 positive employee, the supervisor is no longer required to notify HR.
- The supervisor will instead ask the employee when they first either a) began to have symptoms or b) tested positive if there are no symptoms. This information is needed in order to determine when the employee was first infectious, which is (2) days prior to symptom onset, or (2) days prior to testing positive if no symptoms.
- The supervisor will then ask the employee for information about the surfaces the employee handled at the worksite during the infectious period so those surfaces may be disinfected. Generally, an employee's desk area and keyboard, mouse, phone, chair, door knobs/handles, and light switch will need to be disinfected if they were in the office during their infectious period.
- The supervisor will then coordinate with the Office Manager or other appropriate LOPD staff to disinfect the surfaces handled by the COVID-19 positive employee during their infectious period. Please remember to wear gloves when disinfecting.
- The COVID-19 positive employee is encouraged to notify their close contacts. Previously HR helped facilitate this process. A link to a CDC document on how to notify your close contacts is provided in the Guidance. Please note that the CDC document advises to inform close contacts to quarantine. This information is not current. Current information can be found in the NMDOH documentation that is linked in the Guidance and the CDC link for "If you were exposed."

Next, we are going to review some of the information in the links in the New Guidance Document

The NMDOH Referenced Webpage

The location of the Referenced NMDOH Document to Review – This document may change/be updated, which is why it is not directly linked in the Guidance.



Current Information from the NMDOH
Guidance as of the Date of This
Presentation...

Isolation and Quarantine

Both isolation and quarantine are public health terms that refer to someone being physically separated from other people to prevent the spread of a contagious disease.

Isolate if you are sick or test positive for COVID-19

[COVID-19 Quarantine and Isolation | CDC](#)

Quarantine is no longer recommended if you are at risk of having been exposed or have had close contact with someone with COVID-19, in most settings. If exposed, you should wear a well-fitting mask for 10 days, and test on Day 5 or when symptoms develop. If you test positive, you should isolate for 5 days and wear a mask for an additional 5 days. [COVID-19 Quarantine and Isolation | CDC](#)

Ending Isolation if You Had COVID-19 Symptoms

If you had symptoms but did not have severe illness or severe immunosuppression, you may end your isolation after Day 5 if:

At least 1 day (24 hours) has passed without a fever (and without the use of fever-reducing medications) **and** your symptoms have improved **AND**

You should continue to wear a mask for an additional 5 days.

If you had severe COVID-19 illness – you were hospitalized in an intensive care unit with or without mechanical ventilation (“severe illness”) – or have severe immunosuppression¹ you may end your self-isolation after consulting with your healthcare provider.

Ending Isolation if You Never Had Any COVID-19 Symptoms

If you tested positive for COVID-19 and never developed any symptoms, you can end your isolation 5 days after the date your test specimen was collected that resulted in your positive test AND you must wear a mask for an additional 5 days when around others.

If you have a severe immunocompromising condition without symptoms, you should wait at least 20 days after the date your test specimen was collected that resulted in your positive test before ending your self-isolation. Severe immunosuppression includes being on chemotherapy for cancer, untreated HIV infection with CD4 T lymphocyte count <200 , combined primary immunodeficiency disorder, and receipt of prednisone >20 mg/day for more than 14 days.

Quarantine Periods for COVID19

For Asymptomatic Close Contacts

Quarantine Period

Vaccine Status 1. Is boosted 2. Has received initial vaccination series but not yet eligible for booster 3. Partially vaccinated 4. Completed mRNA series >5 months ago or J&J >2 months ago 5. Not vaccinated	No quarantine, wear a well-fitting mask around others for 10 days
Special Situations: 6. Student/Staff in K-12 school 7. Student/Staff in Test to Stay (T2S)	No quarantine, wear a well-fitting mask around others for 10 days. If exposed person is in T2S, must wear a well-fitting mask while completing testing schedule.
8. Resident/Staff of healthcare facilities under CMS requirements	QSO-20-38-NH REVISED (cms.gov)
9. Healthcare workers	Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2 CDC
10. NM Correctional Department staff/inmates	10 day quarantine recommended, or wear a well-fitting mask around others for 10 days

*As schools may have different quarantine requirements, please check with your local school to get the most recent local quarantine guidelines.

If you become symptomatic you must immediately isolate and get tested

Supplemental CDC Links from New Guidance...

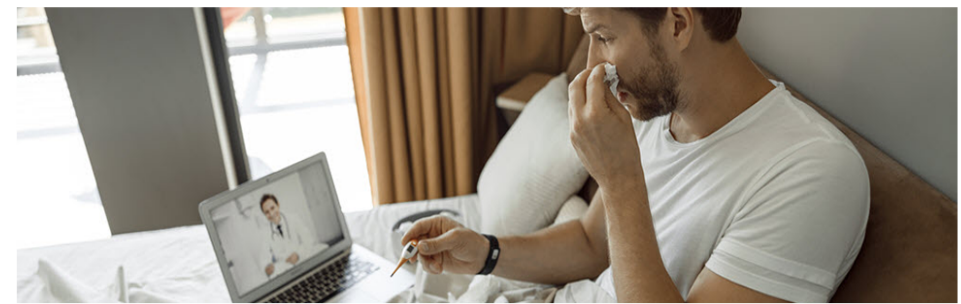
- [If You Are Sick](#)
- [If You Were Exposed](#)
- [Testing](#)

- Your Health
- About COVID-19 +
- Symptoms
- Testing +
- Understanding Your Risk +
- COVID-19 by County
- Prevention +
- If You Were Exposed
- If You Are Sick** -
- Isolation
- Breastfeeding & Caring for Newborns
- Treatments & Medications
- Long COVID +
- Travel +

Get Email Updates

If You Are Sick or Caring for Someone

Updated Nov. 29, 2022 [Español](#) | [Other Languages](#) [Print](#)




COVID-19 can cause symptoms ranging from mild to very severe. For people who are older or those at [high risk](#) of getting very sick from COVID-19, [treatment may be available](#) that can reduce the chances of being hospitalized or dying from the disease. Contact a healthcare provider right away or visit a [Test to Treat location](#). Treatment must be started within the first few days to be effective.

COVID-19 Tests or Treatment

[Free At-Home Tests](#) [Testing Locator](#) [Treatment Locator](#)

Steps to Take When Sick with COVID-19

- Home Your Health
- About COVID-19 +
- Symptoms
- Testing +
- Understanding Your Risk +
- COVID-19 by County
- Prevention +
- If You Were Exposed**
- If You Are Sick +
- Long COVID +
- Travel +

 **Get Email Updates**


To receive email updates about COVID-19, enter your email address:

What to Do If You Were Exposed to COVID-19

Updated Aug. 24, 2022 [Español](#) | [Other Languages](#) [Print](#)

If you have tested positive or are showing symptoms of COVID-19, [isolate immediately](#).

About Being Exposed to COVID-19

 **Isolation and Exposure Calculator**
A tool to help you determine if you need to isolate or take other steps to prevent spreading COVID-19.

[Isolation & Exposure](#)

If you were exposed to the virus that causes COVID-19 or have been told by a healthcare provider or public health authority that you were exposed, here are the steps that you should take, regardless of your vaccination status or if you have had a previous infection. Learn how COVID-19 spreads and the [factors that make risk of spread higher or lower](#).

After Being Exposed to COVID-19

 **START PRECAUTIONS Immediately**

Wear a [mask](#) as soon as you find out you were exposed
Start counting from Day 1

- Self-Testing
- Understanding Your Risk +
- COVID-19 by County
- Prevention +
- If You Were Exposed
- If You Are Sick +
- Long COVID +
- Travel +

- Make sure to test at the right time
 - Choose the right type of test for your circumstance
 - Follow test directions as recommended by FDA
- If you do not, your results may be less likely to correctly indicate whether you have COVID-19 or not.

On This Page

- When to Get Tested
- Types of Tests
- Choosing a COVID-19 Test
- Positive Test Result
- Negative Test Result
- Testing for Antibodies

Get Email Updates

To receive email updates about COVID-19, enter your email address:

[What's this?](#)

When to Get Tested for COVID-19

Key times to get tested:

- If you have [symptoms](#), test immediately.
- If you were exposed to COVID-19 and do not have symptoms, wait at least 5 full days after your exposure before testing. If you test too early, you may be more likely to get an inaccurate result.
- If you are in certain high-risk settings, you may need to test as part of a screening testing program.
- Consider testing before contact with someone at high risk for severe COVID-19, especially if you are in an area with a medium or high COVID-19 Community Level.



For guidance on using tests to determine which mitigations are recommended as you recover from COVID-19, go to [Isolation and Precautions for People with COVID-19](#).

COVID-19 Tests or Treatment

- Free At-Home Tests
- Testing Locator
- Treatment Locator

Some Additional Resources...

New Mexico Testing Resources

- [NM Department of Health COVID-19 Testing Webpage](#)
- [NM Department of Health Screening and Testing Webpage \(testing locations\)](#)
- [Findatestnm.org](#)

Employee Assistance Program (EAP)

- The EAP can be reached at 1-833-515-0771
- Or, you can click on the following link:
<http://mybenefitsnm.com/BenefitsInformation.html>

- And then click on

