



October 18, 2022

To: SHORE UP! Inc. Employees  
Re: Quarantine and Isolation Requirements

COVID-19 variants continue to spread throughout the United States and the U.S centers for Disease Control and Prevention (CDC) Guidance Reflects the Current Science. As CDC Maryland Department of Health (MDH) and Maryland State Department of Education (MSDE) guidance continues to shift, it is our obligation to stay abreast of these changes while choosing the safest options possible

CDC recently updated their guidance for the general public on the recommended quarantine and isolation periods related to COVID-19. Isolation is applicable to people who either have symptoms of COVID-19 or have tested positive for it.

**Quarantine:** is applicable to people who have been exposed to COVID-19

**Isolation:** You should also isolate **if you are sick and suspect that you have COVID-19 but do not yet have test results.** If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.

**All Persons who test positive for COVID-19 or have suspected Covid-19, Regardless of Vaccination status, should complete isolation as such:**

- Stay home for at least 5 days and isolate from others in your home.
- You are likely most infectious during these first 5 days.

You may end isolation after day 5 if:

- You are fever-free for 24 hours (without the use of fever-reducing medication).

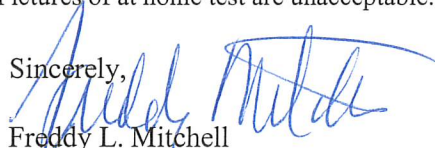
Continue to isolate until:

- You are fever-free for 24 hours (without the use of fever-reducing medication).
- Your symptoms are improving.

Persons who test positive for COVID-19 can still read a positive result up to 90 days; they will not need to continue to take a test. All others must get tested at least 5 days after the last close contact with someone who tested positive for COVID-19.

All staff that test positive and/ or need to go on quarantine must submit positive test results that states the date the test was taken and, staff name to their immediate Supervisor and Human Resources ([humanresources@shoreup.org](mailto:humanresources@shoreup.org)). Pictures of at home test are unacceptable.

Sincerely,

  
Freddy L. Mitchell  
Executive Director

*Self-Help On Rural Economics and Urban Problems*

---

520 Snow Hill Road, Salisbury, MD 21804-6031 Phone 410-749-1142  
TDD (For the Deaf) 410-860-8800 [www.shoreup.org](http://www.shoreup.org) Fax 410-742-9191