

# **MHA Nation Tribal Employee COVID FAQ's**

## **An employee has tested positive in my department, what do I do?**

Notify your Director, if they don't already know. The Director will notify HR and the CEO's office. The Director will contact the Tribal Maintenance Department for sanitization. You may need to quarantine. The State Health Department or EMHC will notify you. If you need to quarantine, you may receive a letter or a phone call. Please notify your supervisor.

## **I was around someone that tested positive, do I need to test?**

After exposure, fully vaccinated people should get tested at least 5 days after you had close contact with someone with COVID-19. If you develop symptoms isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

After exposure, unvaccinated should get tested at least 5 days after you last had close contact with someone with COVID-19. If you test before this, it may not be accurate. If you develop symptoms isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others

## **An employee within my department was notified they are a direct contact, what do we do?**

The Director will need to notify HR and the CEO's office. The other employees are considered a contact of a contact, so the risk is minimum. Those employees do not need to quarantine or test. If the employees develop symptoms, stay home and contact EMHC for testing.

## **An employee in the same building tested positive, is it safe to return to work?**

Yes. The building would have been sanitized upon notification.

## **A person that tested positive was in our building, do I need to quarantine?**

No. Unless you are in direct close contact (without a mask) for more than 15 minutes, your risk is very low.

## **FOR EMPLOYEES THAT HAVE ALREADY HAD THE VIRUS:**

### **Do I still need to wear a mask?**

Yes. We do not know if everyone develops antibodies following an infection and how long immunity lasts if they do develop them. Currently, it is believed that immunity can last up to 90 days. There are cases of re-infection with this virus. Therefore, travel and mask wearing recommendations need to remain unchanged.

### **If I come in contact with a positive, do I still need to quarantine?**

If you had confirmed case of COVID-19 in the past 90 days, you do not need to stay home. Watch for symptoms until 10 days after you last had close contact with someone with COVID-19. Wear a well-fitted mask for 10 full days any time you are around others. If you develop symptoms isolate immediately and get tested.

## **FOR EMPLOYEES THAT HAVE RECEIVED THE VACCINE:**

### **If I have received one or both of the vaccine shots, do I still have to quarantine if I travel?**

You do not need to quarantine if you are up-to-date on your vaccine and booster. If you have been boosted or you have completed the primary series (both doses) of the Moderna or Pfizer vaccine within

the last 5 months or you have completed the primary series (single dose) of Johnson & Johnson vaccine within the last 2 months.

If you are not fully vaccinated or unvaccinated, you need to quarantine after travel.

Minimum quarantine for 7 days. After return from travel, they should get tested at 3-5 days. If they test negative, they may return to work after 7 days of quarantine. If they do not test, then they will need to quarantine for 10 days.

**If I have received one or both of the vaccine shots, do I still need to wear a mask?**

Yes. Even with the vaccine, a person may not develop an immune response. Also, even with an immune response you could still become infected with the virus, but the symptoms may be milder.

*For further questions, please contact either the Elbowoods Memorial Health Center 701-627-4750 or the MHA Nation COVID-19 Task Force.*

