

## **SYMPTOMS OF COVID-19**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- 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

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

## **AT-HOME (“SELF-TESTS” OR “RAPID TESTS”) COVID-19 TEST**

The chart below should give you an idea of when you need to take a rapid test to determine whether you have COVID-19.

<b>Scenario</b>	<b>Timing for Testing</b>
You have COVID-19 Symptoms	Test Immediately.
You were exposed to someone who tested positive for COVID-19	Test at least 5 days after your exposure

For both scenarios, make sure to follow the Town’s **Protocols Around Exposure and Testing Positive for COVID-19**. Click on the following link to access those protocols: <https://www.townofcortemadera.org/DocumentCenter/View/7113/PROTOCOLS-AROUND-EXPOSURE-AND-TESTING-POSITIVE-FOR-COVID-19>. For anyone needing self-test kits, please contact the Safety Officer.

## **CURRENT MASK POLICY**

Based on a staff survey that was conducted in Mid-March 2022, the majority of Town staff is comfortable with allowing the public to enter the building and not obligate the public to wear a mask. Town staff is also not required to wear a mask when assisting members of the public.

**Parks and Recreation Policies:** Until further notice, it should be okay to pause on the procedure that was required for groups renting or using the Community Center to keep a record of vaccination status and verify those needing to wear a mask are doing so. Staff does not need to ask members of the public to wear a mask when using or accessing the lobby area.

**Personal Choice Around Mask Usage:** Town staff who have concerns regarding exposure can continue to wear a face mask. Please remember that there should be no issue with you choosing to wear a mask and if at any point, a member of the public complains because you are wearing a face mask, please contact your supervisor immediately. There should be no reason to be treated differently because you are choosing to protect your health.

**Questions:** If anyone has any questions, please let me know, otherwise, please proceed with the guidance from the [California Department of Public Health](#) which is also followed in the [County of Marin](#) and know that masks are strongly recommended but not required at Town facilities.