

Guidance for Legacy employees about how to handle COVID-19 infections and exposures

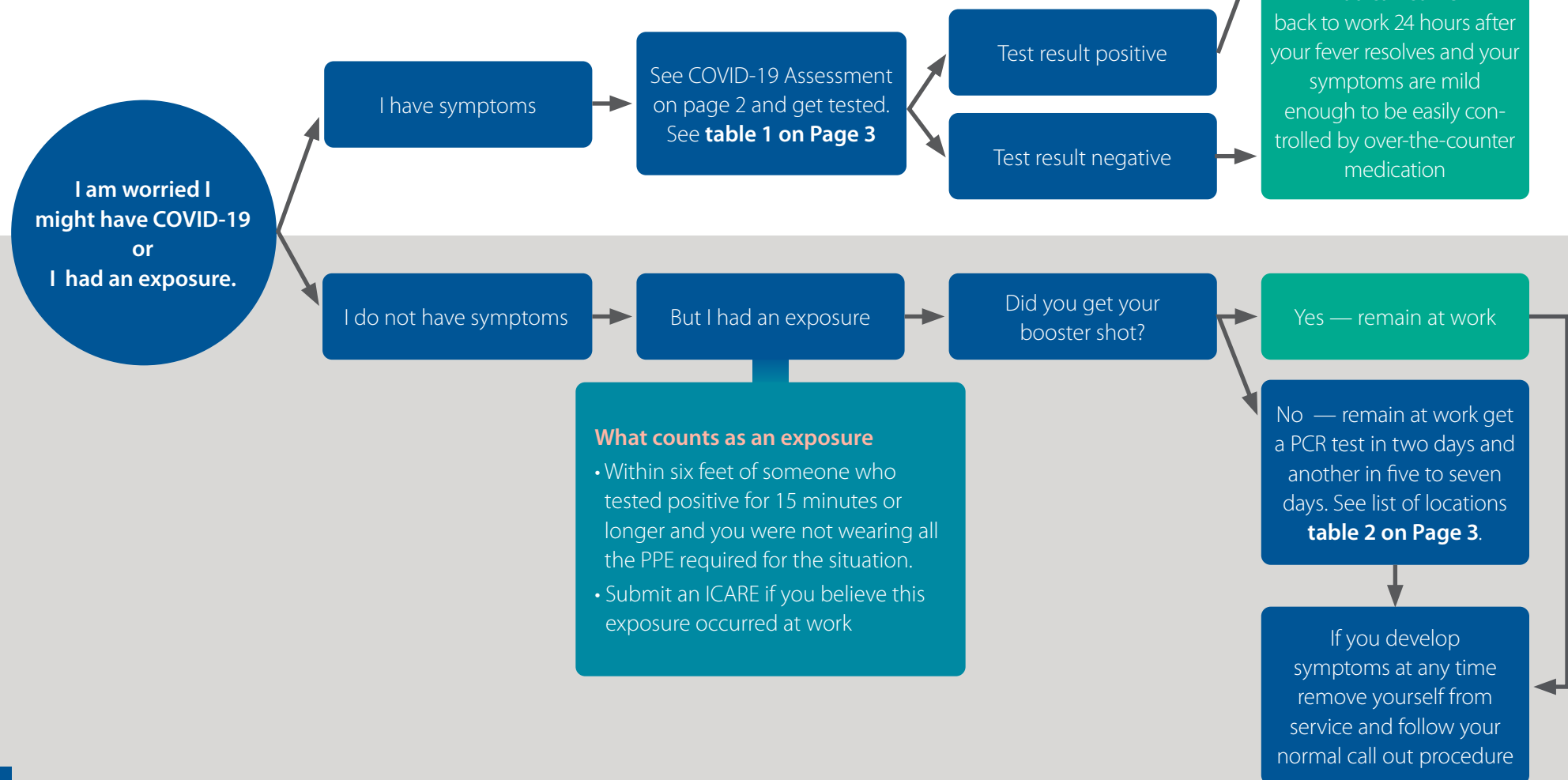
Revised: Jan. 4, 2023

COVID-19 Exposures at Work Guidance:

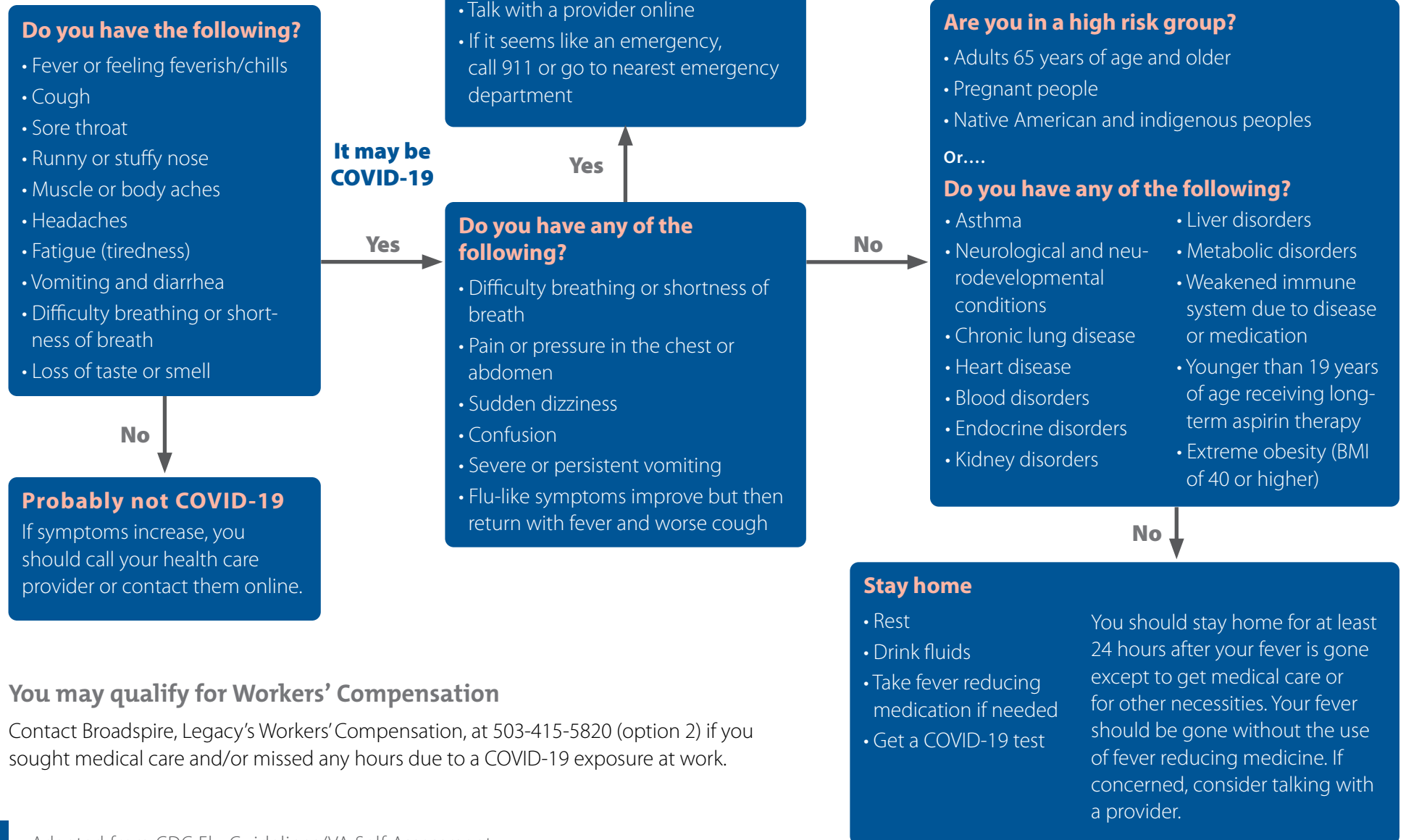
- Notify your manager of exposure (600.08 LHS policy) and submit an ICARE if you think you were exposed to COVID-19 at work.
- Use this guide to determine if it's safe to return to work after a COVID-19 infection and/or after a recent COVID-19 exposure.
- If you have not received a COVID-19 booster dose and only have a primary monovalent series (J&J, Pfizer, Novavax or Moderna) you are recommended to get a PCR test on day 2 and 5–7 days from the exposure date.
- Monitor yourself for symptoms and follow normal call out procedure if ill.

You can come back to work on the sixth day after the start of your symptoms if your symptoms are mild enough to be easily controlled by over-the-counter medication. While at work wear a well-fitted mask around others for 10 days.

You can come back to work 24 hours after your fever resolves and your symptoms are mild enough to be easily controlled by over-the-counter medication



COVID-19 Assessment: Think you have COVID-19?



You may qualify for Workers' Compensation

Contact Broadspire, Legacy's Workers' Compensation, at 503-415-5820 (option 2) if you sought medical care and/or missed any hours due to a COVID-19 exposure at work.

How to access COVID-19 tests

Table 1: If you have symptoms

Option	Appointment type	Cost	When	Where	Turnaround time
Home test	No appointment needed	Legacy Employee Health Plan will reimburse for home test kits. This tip sheet has more information	Whenever you can get a test	Check stores for availability	15 minutes after the test
Rapid test through third party	Varies	Check employee insurance — Legacy won't reimburse costs	Varies	Local pharmacy or urgent care	Same day
Test through your doctor's office	Varies	Check employee insurance — Legacy won't reimburse for any costs	Ask your doctor's office	Ask your doctor's office	Varies

Table 2: If you had an exposure but don't have symptoms and don't have a booster shot

Option	Appointment type	Cost	When	Where	Turnaround time
PCR test through selected LMG Clinics	Walk-in/Call ahead	Free	Varies by clinic	See below	24–72 Hours

SARS-CoV-2 PCR Employee Testing LMG Clinic Participating Sites

<p>Legacy Medical Group–Northwest 1130 N.W. 22nd Ave., Ste 220 Portland, OR 97210-2969 Clinic Phone Number: 503-413-8988 Monday–Friday, 8 am–5 pm</p>	<p>Legacy Medical Group–Northeast 300 N. Graham St., Ste 200 Portland, OR 972227-1676 Clinic Phone Number: 503-413-4134 Monday–Friday, 8 am–5 pm</p>
<p>Legacy Medical Group–Mount Hood 24988 S.E. Stark St., MOB 3, Ste 220 Gresham, OR 97030 Clinic Phone Number: 503-674-1580 Monday–Friday, 8 am–5 pm</p>	<p>Legacy Medical Group–Tualatin 19875 S.W. 65th Ave., Ste 100 Tualatin, OR 97062-8353 Clinic Phone Number: 503-692-7785 Monday–Friday, 9 am–11 am and 2 pm–4pm</p>
<p>Legacy Medical Group–Salmon Creek Internal Medicine 2101 N.E. 139th St., MOB B, Ste 450 Vancouver, WA 98686 Clinic Phone Number: 360-487-4848 Monday–Friday, 8 am–5 pm</p>	<p>Legacy Medical Group–Mt. Angel 250 W. Marquam St. Mt. Angel, Oregon 97362-9520 Clinic Phone Number: 503-845-2000 Monday–Friday, 8 am–5 pm, call ahead for clinic availability</p>