

COVID Frequently Asked Questions As It Relates To MPC Employment

1. I have been notified about possible exposure, where can I get tested for Covid 19?

- All state testing sites can be found here. Appointments can be made: (888) 634-1123 or <https://lhi.care/covidtesting>
- At home testing kits are offered by Pixel Lab Corp: <https://www.pixel.labcorp.com/> (free to benefitted employees using Anthem plan); tests are available to all persons on the health plan including dependents
- Contact your health care provider regarding testing options

2. I have concerns about possible exposure or close contact, who can I consult with to get more guidance on next steps?

Please consult with a health care provider for further guidance on quarantine, testing, return to work etc.

- Montage Health offers free e-visits (accessible 24/7) with a healthcare provider for any COVID-19 concerns at: <https://evisit.montagehealth.org/>
- PlushCare physicians (free telehealth to benefitted employees) are ready to assess patients and provide members with direction if they need to be tested.
 - [PlushCare \(English\)](#)
 - [PlushCare \(Spanish\)](#)

3. What is close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more (cumulative)
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

4. Does MPC require me to get a COVID test?

No, MPC does not require employees to receive a Covid test; however, it is *encouraged* if someone is experiencing symptoms or has been notified or close contact or exposure to COVID.

5. Who do I notify if I am diagnosed with Covid 19?

All MPC employees should contact their manager immediately with information if they have a confirmed case of COVID-19 **and** contact the Office of Human Resources at humanresources@mpc.edu or 831-646-3038. Employees should also contact their health care provider for guidance on quarantine and return-to-work date.

6. Can I come to work if I am feeling ill but do not have COVID?

Employees are encouraged to not report to campus if they are experiencing any type of illness symptoms. Employees should consult with their health care physician and their supervisor for leave options.

7. What precautionary measures can employees take?

The following are everyday actions to help prevent the spread of viruses and illness:

- Wear a mask that fully covers your mouth, and nose
- Avoid close contact with others including staff (i.e. lunch, carpooling, sharing break spaces)
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, then use an alcohol-based hand sanitizer.
- Stay home when you are sick
- Cover your cough or sneeze with a tissue and then throw the used tissue in the trash.
- Disinfect objects and surfaces you touch frequently.

8. Am I able to travel out-of-state and out-of-county?

For more information on travel, please visit, [Travel - Coronavirus COVID-19 Response \(ca.gov\)](#).

For more information on frequently asked questions for students, please visit [Student Health Center guidance](#).