COVID-19 Guidance for Workers

Keep an eye on your health every day

- Check your temperature before you start your shift, preferably before you leave home.
- Perform regular monitoring of symptoms (cough, shortness of breath, sore throat).
- Consider wearing a cloth face covering or mask while performing your work.
- Social distancing (staying 6 feet away from other people) should be practiced as duties permit.
- Keep working, as long as you do not have symptoms, do not have a fever (> 100.4 °F), and haven't been exposed.

Take action if you get sick

- If you get sick with any of the above symptoms, do not go to work. If you have symptoms at any time during your shift, go home and immediately isolate yourself.
- Call your healthcare provider for testing and follow their recommendations.

Come back to work when you're healthy

Symptomatic people (regardless of confirmed COVID-19 test), can come out of isolation after **all 3 of these things** have happened:

- You have had no fever for at least 24 hours (that is one full day of no fever without the use medicine that reduces fevers) **AND**
- Other symptoms have improved (for example, your cough or shortness of breath have improved) **AND**
- At least 10 days have passed since your symptoms first appeared

If you are told that you were exposed to a person diagnosed with COVID-19

- Let your employer know that you have been exposed to COVID-19.
- Self-quarantine for 14 days. This means you should not go to work and should avoid leaving your home as much as possible.
- If you do not develop symptoms (cough, shortness of breath, sore throat) or a fever >= 100.4 °F , you can return to work after 14 days.
- If you develop symptoms during quarantine, immediately isolate yourself and follow the *Come back to work when you are healthy* guidelines above.