

# DO YOUR PART

Help prevent the spread of respiratory viruses like COVID-19 and the Flu.

## **WHAT WORKERS SHOULD DO IF THEY ARE SICK WITH OR THINK THEY MAY HAVE COVID-19?**

**Workers should take care of themselves and protect other people. Workers should do the following:**

### **STAY HOME EXCEPT TO GET MEDICAL CARE**

- Most people with COVID-19 have mild illness and are able to recover at home without medical care; they should not leave their homes except to get medical care and should not visit public areas.

### **STAY IN TOUCH WITH THEIR DOCTOR**

- Call ahead before visiting the doctor, and let the doctor know they have or may have COVID-19.
- Be sure to get care if having trouble breathing, having any other emergency warning signs, or if it is an emergency.
- Avoid using public transportation, ride-sharing, or taxis.

### **SEPARATE THEMSELVES FROM OTHER PEOPLE IN THE HOME (HOME ISOLATE)**

- Stay away from others as much as possible; stay in a specific “sick room” if possible; and use a separate bathroom, if available.

### **WEAR A FACE COVERING**

- Wear a face covering when around other people (including when entering a healthcare provider’s office).

### **COVER COUGHS AND SNEEZES**

- Cover their mouth and nose with a tissue when coughing or sneezing.
- Throw used tissues in a lined trash can.
- Immediately wash hands with soap and water for at least 20 seconds (if soap and water are not available, clean hands with an alcohol-based hand sanitizer with greater than 60% ethanol or 70% isopropanol).

### **WASH HANDS OFTEN**

- Wash hands often with soap and water for at least 20 seconds (especially after blowing their nose, coughing, sneezing, or going to the bathroom, and before eating or preparing food).
- Avoid touching their face (especially eyes, nose, and mouth).

### **AVOID SHARING PERSONAL HOUSEHOLD ITEMS**

- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other persons.

### **CLEAN ALL “HIGH-TOUCH” SURFACES EVERY DAY**

- Clean and disinfect high-touch surfaces and objects in the isolation area (“sick room” and bathroom) every day.
- High-touch surfaces and objects include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards and mice, tablets, and bedside tables.

### **MONITOR SYMPTOMS**

- Seek medical attention if symptoms worsen.
- Follow care instructions from your healthcare provider and local health department.

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### GET MEDICAL ATTENTION IMMEDIATELY IF EMERGENCY WARNING SIGNS FOR COVID-19 DEVELOP

Emergency warning signs include:\*

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability of others to arouse the ill person
- Bluish lips or face

**\*Note: This list is not all inclusive; please consult your medical provider for any other symptoms that are severe or concerning.**

### RETURN TO WORK

The decision to discontinue home isolation for persons with confirmed or suspected COVID-19 should be made in the context of local circumstances; options include (1) a **symptom-based strategy** based on time since illness onset and time since recovery or (2) a **test-based strategy**.

#### Symptom-based strategy

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 24 hours have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath) **AND**
- At least 10 days have passed since symptoms first appeared.

#### Test-based strategy

Persons who have COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- Resolution of fever without the use of fever-reducing medications **AND**
- Improvement in respiratory symptoms (e.g., cough, shortness of breath) **AND**
- Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected  $\geq 24$  hours apart (total of two negative specimens).

**Note: It has been reported that some individuals continue to test positive for detection of COVID-19 RNA for several weeks or months without evidence that they continue to be contagious during that time period.**

**The decision for workers to discontinue isolation and return to work should be made in consultation with their healthcare provider.**

Adapted from: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>