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 three (3) days (72 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 ≥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:  