

Appendix 4.

What Workers Should Do if They are Sick with, or think they may have, Covid-19¹

To take care of themselves and protect other persons, they should do the following:

1 Stay home except to get medical care

- Most persons 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

2 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

3 Separate themselves from other persons 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

4 Wear a face covering when around other persons (including when entering a healthcare provider’s office)

5 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)

6 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)

7 Avoid sharing personal household items

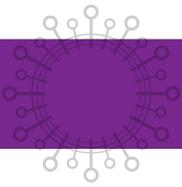
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other persons

8 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

9 Monitor symptoms

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



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9 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*

10 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 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:** *There have been reports of prolonged detection of RNA without direct correlation to viral culture*
- The decision for workers to discontinue isolation and return to work should be made in consultation with their healthcare provider and state or local health department

¹ 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>