Do Your Part to Slow the Spread of COVID-19

SYMPTOMS:
Individuals with COVID-19 are most contagious during the first few days of symptoms. A COVID-19 test is most accurate when performed close to day 3 of symptoms. Start isolating from others immediately.

NO SYMPTOMS:
If you don't have symptoms and have been exposed, quarantine yourself and wait five days to be tested. Even if you are asymptomatic, if there has been high exposure to a COVID-19 positive contact or a person waiting for a COVID-19 test result, quarantine is recommended for 14 days.

AFTER YOUR TEST:
If you are symptomatic, and test positive, continue isolation.
If you were asymptomatic and tested positive, start isolation.
If you test positive for COVID-19, do not return to work for a minimum of 10 days from onset of symptoms; make sure you are fever-free for 24 hours and that your symptoms are improving. The health department and your healthcare provider will give you more information on when it's safe to return to work.
If you test negative but are strongly suspected of having COVID-19 due to symptoms or other factors, you may need to continue isolation for a minimum of 10 days from symptom onset. There is a high false-negative result depending on the day of swab and the amount of viral shedding. Your healthcare provider will be able to advise you.

Quarantine is used to keep someone who may have been exposed to COVID-19 away from others. A person who is in quarantine does not have COVID-19 symptoms.

Isolation is used to keep someone who is sick with COVID-19 symptoms and/or has tested positive for the virus away from others, even within their own home. A person in isolation may or may not have symptoms of COVID-19.

Wear a mask at all times when you are outside your home, particularly when you are in close contact with others or sharing a vehicle.

Keep a safe social distance —six feet— from other people.

Encourage and practice good hand hygiene.

Monitor yourself daily for symptoms like:
- Fever of 100.4° or more
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Loss of taste or smell
- Chills/sweats
- Headache
- Sore throat
- Nasal congestion or runny nose
- Nausea or vomiting
- Diarrhea

Do not go to work if you have any of the above symptoms. Immediately contact your employee health office, primary care provider or contact the respiratory clinic.

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