Appendix 4.

What Workers Should Do if They are Sick with, or think they may have, Covid-19

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 everyday**
   - 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, countertops, 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: