



STAY HOME WHEN YOU HAVE...

One High-Risk Symptom

- New cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Fever (100.4°F+)
- Vomiting

Two Low-Risk Symptoms

- Headache
- Muscle & body aches
- Fatigue
- Sore throat
- Runny nose/congestion
- Nausea
- Diarrhea

Been Exposed to COVID-19

You have been in close contact (6 feet for 15 minutes or more within a 24 hour period) with someone who is COVID-19 positive.

Note: Household members of the close contact are not required to quarantine

Note: Household members to a positive case of COVID-19 are required to quarantine for 14 days form last exposure regardless of mask wearing.

1. Call the office to report your symptoms and/or exposure to COVID-19.
2. Call your healthcare provider to arrange a medical evaluation.

No Medical Evaluation

Note: Household members are not required to quarantine unless symptoms develop or there is a positive case of COVID-19

Medical Evaluation (MED, DO, PA or NP)

Positive COVID-19 test or Waiting for test result	Alternative diagnosis OR Negative COVID-19 test
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SELF-ISOLATE: Inform work of the diagnosis or symptoms including the onset of symptoms. Stay home for at least 10 days. In the home, anyone sick or infected should separate themselves from others, when possible, by staying in a designated "sick" room/area and using a separate bathroom (if available).

QUARANTINE: Inform work of the exposure. Stay home for 14 days following the last exposure. If you become ill, contact your healthcare provider. If tested negative and asymptomatic, you may return under the Essential Workers guidelines UNLESS you are residing in the same household as a positive COVID-19 case.

RETURN TO WORK WHEN...
You are fever free for 24 hours (without the use of fever-reducing medicine) AND symptoms have improved.