



Guidelines Related to Illness

With the help of a recently retired physician, we have reviewed information from the CDC and MN Department of Health to provide the following guidelines regarding coming to work given a diagnosis, symptoms, or exposure. Please review these scenarios if you or someone you are in contact with is symptomatic. Air on the side of caution and please communicate with your supervisor, as many of these will be on a case by case basis.

Diagnosis:

- If you are diagnosed with COVID-19 - **STAY HOME** until:
 - Fever subsides, without meds, for at least 72 hours **AND**
 - All other symptoms are improved **AND**
 - At least 7 days have passed since onset of symptoms **OR** 2 Negative COVID-19 tests at least 24 hours apart

Exposure:

- If you have a known COVID-19 exposure:
 - If it's someone within your household (family member, visitor, etc) - **STAY HOME** following strict household precautions for **14 days**
- Other contact (not in household)
 - If close exposure, follow guidance of a. above (stay home for 14 days)
 - If not a close exposure (>6 feet, etc.), you may continue to work

Symptoms:

- If you have symptoms that are similar to, but unlikely due to COVID-19 - **STAY HOME** until symptom free for 24 hours

Exposure to Symptoms:

- If you have exposure to someone with symptoms that are similar to, but unlikely due to COVID-19
 - If it's someone within your household (family member, visitor, etc) - **STAY HOME** until household member is symptom free for 24 hours
 - If it's someone outside the home (coworker, etc), you may continue working

Communication: CAC will work with Public Health and others if someone is diagnosed with COVID-19. We will follow their procedures in communicating with everyone about known information and risks of exposure. During this time of year, it is common for all of us to have similar symptoms or be exposed to someone with similar symptoms to COVID-19. In these cases, please follow the guidelines above and communicate with your supervisor. We will honor confidentiality as long as it doesn't jeopardize the safety of others.