

# What Essential Service Personnel Need to Know about COVID-19



Because we have community spread of COVID-19 in Dane County, essential service personnel should assume that they have come in contact with someone with COVID-19 or will at some point.

With community spread and limited testing, our guidance is the same whether someone has a confirmed COVID-19 test or not.

## This means you should:



### Keep an eye on your health

- Check your temperature before you start your shift and before you leave work for the day.
- Monitor for symptoms (cough, shortness of breath, sore throat).
- Keep working, as long as you do not have symptoms or a fever ( $\geq 100.0^{\circ}\text{F}$ ).



### Take action if you get sick

- If you get sick, isolate yourself. If you have symptoms at any time during your shift, go home and immediately isolate yourself.
- Call your healthcare provider for testing and follow [our recommendations for isolation](#).



### Come back to work when you're healthy

Symptomatic people (regardless of confirmed COVID-19 test), can come out of isolation after **all 3 of these things** have happened:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)  
**AND**
- Other symptoms have improved (for example, your cough or shortness of breath have improved)  
**AND**
- At least 7 days have passed since your symptoms first appeared