

Guidelines for Healthcare Workers Exposed to Confirmed or Probable Coronavirus (COVID-19)

Tips to prevent its spread in your workplace, leading to a safer and more productive workforce

Because we have community spread of COVID-19 in Dane County, health care workers should assume that they have come in contact with someone with COVID-19 or will at some point. As of April 8, 2020, [CDC loosened some of the restrictions for critical infrastructure workers](#). However, with limited testing available, we are highly recommending stricter employee illness guidelines when possible.

If a healthcare worker that has been exposed to a person who tested positive for COVID-19 or a person diagnosed with COVID-19 by a doctor, they can return to work if requested by their employer and with precautions in place.

Keep an eye on your health every day

- Check your temperature before you start your shift and before you leave work for the day.
- Perform regular monitoring of symptoms (cough, shortness of breath, sore throat).
- Wear a surgical mask provided by the employer at all times while in the workplace for 14 days after last exposure.
- Social distancing should be practiced as duties permit.
- Keep working, as long as you do not have symptoms or a fever (> 100.0 °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 24 hours (without the use of medicine that reduces fevers) **AND**
- Other symptoms have improved **AND**
- At least 10 days have passed since your symptoms first appeared.

If you did not have any symptoms, you can return 10 days after your test was done.

If you have been exposed to a person who tested positive or was diagnosed with COVID-19

- Let your employer know.
- Exposed health care workers should quarantine for 14 days, except for going to work if requested by their employer.
- If you develop symptoms, isolate and return work only after you have met all the requirements listed under **Come back to work when you are healthy**.