COVID-19 Guidance for Workers

Keep an eye on your health every day

- Check your temperature before you start your shift, preferably before you leave home.
- Perform regular monitoring of symptoms (cough, shortness of breath, sore throat).
- Consider wearing a cloth face covering or mask while performing your work.
- Social distancing (staying 6 feet away from other people) should be practiced as duties permit.
- Keep working, as long as you do not have symptoms, do not have a fever (> 100.4 °F), and haven't been exposed.

Take action if you get sick

- If you get sick with any of the above symptoms, do not go to work. If you have symptoms at any time during your shift, go home and immediately isolate yourself.
- Call your healthcare provider for testing and follow their recommendations. You can also 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 10 days have passed since your symptoms first appeared

If you are told that you were exposed to a person diagnosed with COVID-19

- Let your employer know that you have been exposed to COVID-19.
- Self-quarantine for 14 days. This means you should not go to work and should avoid leaving your home as much as possible.
- If you do not develop symptoms (cough, shortness of breath, sore throat) or a fever >= 100.4 °F , you can return to work after 14 days.
- If you develop symptoms during quarantine, immediately isolate yourself and follow the ***Come back to work when you are healthy*** guidelines above.

How to report non-compliance at the workplace

All employers are required to have policies around cleaning, hygiene, and protective measures (i.e., physical distancing). Check out our factsheet about workplace requirements for more information. If you feel that your employer is not implementing these policies in your workplace, please let us know by calling (608) 266-4821 or emailing compliance@publichealthmdc.com.

Public Health
MADISON & DANE COUNTY
Healthy people. Healthy places.