

# **COVID-19 STOP THE SPREAD GUIDELINES**

## **A. You are NOT sick and have NOT been in contact with someone with COVID-19**

### **GUIDELINES FOR AT HOME**

Stay 6 feet away from others

Wash hands frequently

Cover your cough

Wear cloth mask when in public if you can't stay 6 feet apart

### **GUIDELINES FOR THE WORKPLACE**

Stay 6 feet away from co-workers

If you can't stay 6 feet away from co-workers, wear a mask

## **B. You are NOT sick, but someone in your household does not feel well**

### **GUIDELINES FOR STAYING HOME OR RETURNING TO THE WORKPLACE**

- If household member does NOT have COVID-19 symptoms, such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell, follow section A above.
- If household member HAS symptoms of COVID-19, such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell, follow section C below.

## **C. You were in close contact with someone with COVID-19 (like a person in your household), but you are NOT sick**

### **GUIDELINES FOR STAYING HOME**

- Stay home, separate yourself from others in your household, and do not share things (ex. utensils, phone) for 14 days.
- Work from home if you can.

### **GUIDELINES FOR RETURNING TO THE WORKPLACE**

- Notify your supervisor.
- Stay home for 14 days.
- If you become sick (fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell), continue to stay home and follow section D below.
- Return to work after 14 days if you do not develop symptoms.

## **D. You are sick with COVID-19 symptoms such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell, but have NOT been tested for COVID-19 OR you are sick and your healthcare provider told you that you have COVID-19 (based on lab test or symptoms)**

### **GUIDELINES FOR STAYING HOME**

- Separate yourself from others in your household, do not share anything (e.g. utensils, phone) and stay at home for at least:
  - 10 days, and for 3 days with no fever (without fever reducing medicine) and improvement of respiratory symptoms (cough, shortness of breath) whichever is longer.
- Work from home if you can.

### **GUIDELINES FOR RETURNING TO THE WORKPLACE**

- Notify your supervisor.
- Return to work after 10 days, and for 3 days with no fever (without-fever reducing medicine) and improvement of respiratory symptoms (cough, shortness of breath) whichever is longer.
- Stay 6 feet away from co-workers and visitors, if possible.
- If it is difficult to stay 6 feet away, wear a mask.

**CALL RICE COUNTY PUBLIC HEALTH IF QUESTIONS – 507-332-6111. WE ARE HERE TO HELP!**