Procedures for Exposures to COVID-19

Healthcare Workers & First Responders

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have history of travel in infected or heavily populated areas.

Guideance is continually updated. This guideance is current as of 04/09/2020

Exposure

Being within 6ft. of someone confirmed or suspected of having COVID–19 for an extended period of time (5 minutes or more).
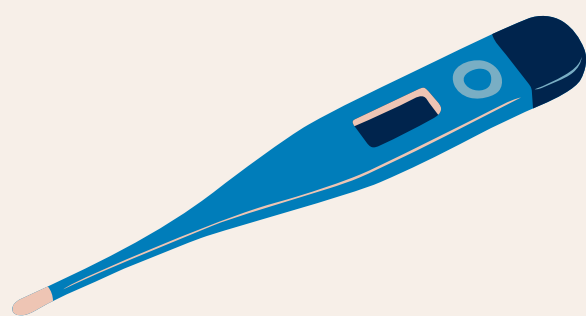
Check your temperature

Check your temperature at least two times a day. Also monitor for symptoms.

Wash your hands

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.

Self Isolation

At first sign of symptoms, leave work and practice self–isolation for 7 days from onset of symptoms. You may not return to work until the end of the 7 days or within 72 hours of your last fever, whichever is longer.

May Continue to Work

If you are not experiencing symptoms & follow all precautions.

Wear proper PPE at all times & monitor for symtoms.

Wear a Mask at All Times

Wear a mask at all times while at work. Follow guidelines for caring & storing masks.

Wear surgical masks if available.

If you become sick:

- Self–isolate for 7 days after initial onset of symptoms
- Do not break quarantine for a minimum of 72 hours after your last fever
- Continue to practice good hygiene
- Distance yourself from those in your household
- Monitor your symptoms
- Wear a cloth face covering if you must be around others