What should I do if I have symptoms or exposure to COVID-19?

**EXPERIENCING SYMPTOMS**

**IF POSITIVE COVID-19 TEST RESULTS**

- **Stay home**
  - Don’t go into work
  - Avoid spreading virus to others
- **Separate yourself from others**
  - Avoid close contact
  - Self-monitor for symptoms
- **Notify manager**
- **Wash your hands often with soap and water or use hand sanitizer**
- **Cover your mouth and nose with a tissue or sleeve when you sneeze or cough**
- **Clean and disinfect "high-touch" surfaces**
- **Return to work only after receiving clearance from Employee Health Services and your local health department**

**IF NEGATIVE COVID-19 TEST RESULTS**

- **Notify manager**
- **Return to work only if you are fever-free for at least 3 days (72 hours) and see a significant reduction in symptoms.**

**NO SYMPTOMS, BUT CLOSE AND PROLONGED EXPOSURE**

- **Close and prolonged contact with a person who has COVID-19**
- **Contact with cough and droplets**
  - Unprotected direct contact with infectious secretions or excretions (e.g., being coughed on, touching used tissues with a bare hand).

**NO SYMPTOMS, NO KNOWN EXPOSURE**

- **Keep working**
- **Self-monitor for symptoms**
- **Avoid close contact**
- **Wash your hands often with soap and water or use hand sanitizer**
- **Cover your mouth and nose with a tissue or sleeve when you sneeze or cough**
- **Disinfect and clean "high-touch" surfaces**

**AT-HOME EXPOSURE**

- **If a person in your household has symptoms, contact your primary care provider and COVID-19 Call Center 614-293-4000.**
  - The call center is now taking calls for health care providers’ families.
- **Stay home until household test results are known**
- **Follow ill call-off procedures**
  - If household contact has positive COVID-19 test results or a clinical diagnosis by a primary care provider, employee can return to work 14 days from the date the contact has been cleared by the health department (if employee has no symptoms).
  - If household contact has negative COVID-19 test results and employee has no symptoms, they can return to work.

**AT-WORK EXPOSURE**

- **Employee Health Services will contact you to assess risk level and to determine if you should stop working**
  - There is no testing of exposed employees that have no symptoms.

**PLEASE SEE THE COVID-19 EMPLOYEE EXPOSURE GUIDELINES FOR DETAILED EXPLANATION AND SPECIAL CIRCUMSTANCES INCLUDING:**

- Immunocompromised and/or pregnant employees
- Guidance will be adjusted based on CDC recommendations and/or in the event there is a major issue with staffing and other measures to backfill with other staff have been exhausted. Hospital leadership will make this determination.

Updated April 2, 2020