

# Possible COVID Scenarios in the Workplace & CDC Recommendations



## I think or know I had COVID-19, and I had symptoms

You can be with others after

- 3 days with no fever **and**
- Respiratory symptoms have improved (e.g. cough, shortness of breath) **and**
- 10 days since symptoms first appeared

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. *If you will be tested, you can be around others when you have no fever, respiratory symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.*

## I tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after:

- 10 days have passed since test

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. *If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.*

If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID, and I had symptoms."

## For Anyone Who Has Been Around a Person with COVID-19

It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for 14 days **after exposure** based on the time it takes to develop illness.

- Encourage employees who have [symptoms](#) of COVID-19 or who have a sick family member at home with COVID-19 to notify their supervisor and stay home.
  - Employees who appear to have [symptoms](#) when they arrive at work or who become sick during the day should immediately be separated from others, provided a face mask if they are not using one, and sent home with instructions and guidance on how to follow-up with their healthcare provider.
  - Sick employees should follow [CDC-recommended steps](#). Employees should not return to work until they meet the criteria to [discontinue home isolation](#), in consultation with their healthcare provider.

- Perform enhanced [cleaning and disinfection](#) after anyone suspected or confirmed to have COVID-19 has been in the workplace.

FAQ on employees and workplace issues: <https://www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html>

### If you have a sick employee:

#### **Separate sick employees:**

- Employees who appear to have [symptoms](#) upon arrival at work or who become sick during the day should immediately be separated from other employees, customers, and visitors, and sent home.
- Have a procedure in place for the safe transport of an employee who becomes sick while at work. The employee may need to be transported home or to a healthcare provider.

#### **Take action if an employee is suspected or confirmed to have COVID-19 infection:**

In most cases, you do not need to shut down your facility. If it has been less than 7 days since the sick employee has been in the facility, close off any areas used for prolonged periods of time by the sick person:

- Wait 24 hours before cleaning and disinfecting to minimize potential for other employees being exposed to respiratory droplets. If waiting 24 hours is not feasible, wait as long as possible.
- During this waiting period, open outside doors and windows to increase air circulation in these areas.

If it has been 7 days or more since the sick employee used the facility, additional cleaning and disinfection is not necessary. Continue routinely cleaning and disinfecting all high-touch surfaces in the facility.