Best Practices Recommended by the CDC

WELLNESS CHECK FOR COVID-19

Is your temperature greater than 100.4°F/38°C?
If YES, stay home and call your supervisor.

Have you been tested for COVID-19 (awaiting results)?
If YES, stay home until results are received.

Have you tested positive for COVID-19?
If YES, stay home for 10 days or until you’re symptom free for 72 hours, whichever is longer.

Have you had prolonged contact with someone who tested positive for COVID-19?
If YES, stay home for 14 days and return to work if you have no symptoms.

Has a member of your household been tested for COVID-19 (awaiting results)?
If YES, stay home until results are received.

Has a member of your household been asked by a medical professional to isolate for potential COVID-19?
If YES, stay home pending test results.

Have you traveled out of the country within the last 14 days?
If YES, stay home for 14 days from your arrival back to the United States. Return to work if there are no symptoms.

Have you taken a cruise within the last 14 days?
If YES, stay home for 14 days from your arrival back to the United States. Return to work if there are no symptoms.

Are you experiencing or have you experienced any of the following symptoms in the past 14 days?
• Cough (not related to allergies)
• Shortness of breath
• Difficulty breathing
• Fever
• Diarrhea, nausea or vomiting
• Chills
• Repeated shaking with chills
• Muscle pain
• New loss of taste or smell
• Sore throat or headache

If you answered YES to at least one of these questions, stay home and call your healthcare provider.

Scan for an accessible version of this information.
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