COVID-19 McLeod County Employee Recommended Guidance (5/12/2020)

ILL EMPLOYEE, PRESENTING WITH SYMPTOMS OF A RESPIRATORY DISEASE (these include fever (over 98.6 or feeling feverish), cough, shortness of breath, difficulty breathing, or at least two of the following symptoms: chills, shaking with chills, muscle pain, headache, sore throat, and loss of taste or smell.): STAY HOME AND DO NOT REPORT TO WORK.

SELF-ISOLATE AT HOME UNTIL ALL OF THESE ARE TRUE:

1. Improvement in Respiratory Symptoms including, fever, cough, shortness of breath, headache, and sore throat.
2. At least 10 days have passed since symptoms first appeared AND
3. Fever(100.4 F or higher) has been gone for at least 3 days without the use of fever-reducing medicine.

∗ONCE ALL OF THESE STATEMENTS ARE TRUE, EMPLOYEE MAY RETURN TO WORK.

EMPLOYEE WITH POSSIBLE EXPOSURE TO COVID 19

If you have had ∗CLOSE CONTACT with someone who has symptoms of COVID-19 during the period from 48 hours before their symptoms began until they meet criteria to return to work:

- Stay home until 14 days after last exposure and practice social distancing – at least 6 feet from others at all times.
- Self-monitor for symptoms – Check temperature twice a day, watch for fever, cough, shortness of breath, etc.
- Avoid contact with people at higher risk for severe illness (unless they live in the same household).
- Follow the actions of an ill employee if symptoms develop.

PLEASE CONTACT YOUR SUPERVISOR TO DISCUSS WHETHER THE POSSIBLE EXPOSURE MEETS THE CLOSE CONTACT DEFINITION.

∗CLOSE CONTACT MEANS:
A person has been within 6 feet for one hour or longer, had direct contact with bodily fluids, being coughed on, been intimate with, etc. a COVID-19 case or suspected case.
Close contact can also occur while caring for, living with, or visiting a COVID-19 case.

ILL EMPLOYEES, THEIR HOUSEHOLD and INTIMATE CONTACTS

Incorporate precautions in the home such as:

- Self-isolate - You should stay in a specific "sick room" (if possible), away from other people in your home, and use a separate bathroom if available.
- Wash hands often, for a minimum of 20 seconds
  - or use a hand sanitizer with at least 60% alcohol.
- Avoid sharing personal items – towels, bedding, dishes.
- Clean high-touch surfaces in your isolation area ("sick room" and bathroom) every day.
- Cover your cough, don't touch your eyes, nose or mouth.

Household and Intimate contacts should:

- Monitor themselves for symptoms and limit activities in public for 14 days after their last contact with the ill person. They may leave home to pick up essential needs.

AS COVID-19 IS RAPIDLY CHANGING, EACH CASE WILL BE ADDRESSED SEPARATELY. PLEASE CONTACT PUBLIC HEALTH AND HR WITH FURTHER QUESTIONS.

NOTE: IF EMPLOYEE IS A CONFIRMED COVID-19 CASE (TESTED TO BE POSITIVE)

EMPLOYEE TO FOLLOW DIRECTIONS FROM MDH OR LOCAL PUBLIC HEALTH AND SELF-ISOLATE TO HOME UNTIL ALL OF THESE ARE TRUE:

1. Symptoms including fever, cough, shortness of breath, sore throat, and headache have improved AND
2. At least 10 days have passed since symptoms first appeared AND
3. Fever (100.4 or higher) has been gone for at least 3 days without the use of fever-reducing medicine.

∗ONCE ALL OF THESE STATEMENTS ARE TRUE, EMPLOYEE MAY RETURN TO WORK.