What To Do If An Essential Service Staff Person Gets Sick

Due to community spread of COVID-19 in Sauk County, essential service staff should assume that they have come in contact with someone with COVID-19 already, or that they will at some point. With community spread and limited testing, our guidance is the same whether someone who is sick has a confirmed COVID-19 test or not.

What you should do:
Monitor your health:
- **Check your temperature 2x day** (before you start your shift and before you leave work for the day)
- **Monitor for symptoms** (fever, cough, shortness of breath)
- **Keep working, as long as you do not have symptoms or a fever** (>100.4 F)

If you get sick:
- go home and **immediately isolate yourself**
- inform your supervisor & follow your employer's policies/guidelines
- If you have COVID-19 symptoms contact your health care provider for advice about testing and other needed medical care

Return to work when you're healthy
- If you are sick for another reason (e.g., tested positive for influenza, allergies), criteria for return to work should be based on that diagnosis
- **If you have a fever**, remain isolated and only return to work after:
  - No fever for at least 72 hours without use of medication AND
  - Other symptoms have improved AND
  - At least 10 days since symptoms first started
- **If you DO NOT have a fever AND your symptoms are not normal FOR YOU for this time of year**, remain isolated and only return to work after:
  - Symptoms have improved for at least 72 hours AND
  - At least 10 days since symptoms first started
  - Continue to monitor for symptoms (including fever) 2x/day for 14 days
- **Check with your employer for additional guidance before returning to work**