

# 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**