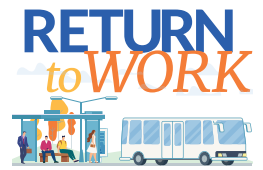# Sick at Work?

RETURN to WORK

WHAT TO DO
IF YOU FEEL ILL ON THE JOB

As businesses reopen and we get back to a more normal routine, we need to be careful. COVID-19 is still a concern, so take precautions to **prevent getting sick**. But what do you do if you're back at work and you do start to feel sick?

Let your supervisor know and head home.

Most people with COVID-19 can recover at home without seeing a doctor. Stay home except to get necessary medical care.

Take care of yourself.

Rest and drink lots of water. Over-the-counter medicines like acetaminophen can help you feel better.

Separate yourself from others.

Isolating yourself within one room of your home and staying at home altogether is the best way to keep the illness from spreading. If you have to leave, wear a **mask or cloth face covering**.

Monitor your symptoms.

Typical **COVID-19 symptoms** include fever, cough, and shortness of breath. If you have trouble breathing, persistent chest pain, new confusion, or bluish lips or face, you should seek immediate medical attention.

Call ahead before seeing your doctor.

Your doctor may offer a consultation by phone or a virtual visit. If you need to go in, let your doctor know you may have COVID-19 so they can prepare and protect themselves and other patients. They can also advise you of the closest testing facility.

Cover your coughs and sneezes.

Use a tissue, and make sure to throw it away right away, then immediately wash your hands.

Speaking of, wash your hands often.

Soap and water are your best bet – and washing for at least 20 seconds. If you don't have access to a washing station, you can also use hand sanitizer if it has at least 60% alcohol.

Clean and disinfect high-touch surfaces often.

These include your phone, remotes, counters, tabletops and more – any place you touch often. Use an **EPA-approved disinfectant**. Keeping your space clean will help stop the spread.

SAMPLE COMPANY INC.

How do I know when I'm safe to discontinue home isolation after being sick?

If you can, get tested. This can determine if you're still contagious. Once these three things have happened, you should be able to leave home safely. However, check the latest **Centers for Disease Control and Prevention guidelines** just in case.

You have had no fever for at least 72 hours – that means three full days of no fever without the use of fever-reducing medications.

Your other symptoms (cough, shortness of breath) have improved.

At least 10 days have passed since your symptoms first appeared.

Always follow the guidance of your doctor and **local health department**. Make sure you consult them in your decision to stop home isolation.