COVID-19 GUIDANCE

WHAT EMPLOYEES NEED TO KNOW

COVID-19 SYMPTOMS

- Chills
- Headache
- New or worsening cough
- Shortness of breath
- Sore throat
- Loss of smell or taste
- Runny Nose of congestion

- Muscle aches
- Abdominal pain
- Fatigue
- Nausea
- Vomiting
- Diarrhea
- Fever of 100.4 or higher

WHAT IS A "CLOSE CONTACT"?

Someone has had a "close contact" with an individual with COVID-19 if they were within 6 feet of the ill person for greater than 10 minutes while the ill person had symptoms of COVID-19.

WHAT IS QUARANTINE?

Quarantine is for individuals who have been exposed to COVID-19 but are not sick. Quarantine lasts for 14 days. Individuals who are quarantined should not leave their home. Critical infrastructure and healthcare employees do not need to be in quarantine, even after an exposure.

WHAT IS ISOLATION?

Isolation is for individuals who have tested positive or are suspected to be sick with COVID-19. Individuals in isolation should not leave their home and should avoid all members of their household. Isolation lasts for 10 days since the onset of symptoms and they are 1 day (24 hrs) fever-free (lower than 100.4°F) without medicine, which ever is longer.

- **SELF MONITOR FOR COVID-19 SYMPTOMS AND REPORT BEFORE COMING TO WORK**
- **WEAR A MASK IN COUNTY FACILITIES WHEN AROUND OTHERS**
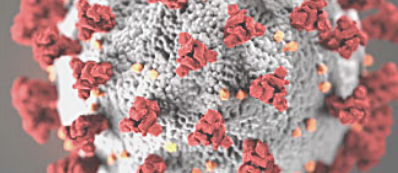- **WASH YOUR HANDS WHEN YOU ARRIVE, AND FREQUENTLY THROUGHOUT THE DAY**
- **MAINTAIN A DISTANCE OF AT LEAST SIX FEET BETWEEN YOURSELF AND OTHERS**
- **CLEAN AND DISINFECT HIGH TOUCH SURFACES & EQUIPMENT FREQUENTLY**

Help us
SLOW THE SPREAD!

Bay County HEALTH Department

BAY COUNTY MICHIGAN · 1857

FOR MORE INFORMATION PLEASE VISIT: BAYCOUNTY-MI.GOV/HEALTH

WHAT EMPLOYEES NEED TO KNOW

WHAT IS SELF MONITOR?

Watch for COVID-19 Symptoms:
- You may be contagious up to 48 hours before showing symptoms
- Fever, cough, difficulty breathing or other symptoms
- Take your temperature twice daily

I CAME IN CLOSE CONTACT WITH SOMEONE WHO HAS SYMPTOMS OF COVID-19. WHAT DO I DO?

Stay Home and Monitor Your Health (Quarantine)
- Stay home until 14 days after your last exposure.
- Check your temperature twice a day and watch for symptoms of COVID-19.
- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.
- You can return to work after 14 days as long as you did not develop symptoms.

I HAVE SYMPTOMS OF OR TESTED POSITIVE FOR COVID-19. WHAT DO I DO?

Isolate Yourself from Others (Isolation)
- Stay home. If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.
  - Isolation ends after 10 days since the onset of symptoms and you are fever-free (lower than 100.4°F) for 1 day (24 hrs) without medicine, which ever is longer.

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