



IMPORTANT: COVID-19 QUARANTINE AND ISOLATION FOR HEALTH CARE PERSONNEL (NOT WORKING IN NURSING HOMES)

For Putnam County Health Care Personnel (not working in nursing homes):

EXPOSED to someone with COVID-19, you may continue to work if you:

- Wear a mask at work for at least 14 days after your most recent exposure.
- Take your temperature at least every 12 hours and self-monitor for symptoms such as a cough, fever, shortness of breath, muscle aches, diarrhea, or loss of smell/ taste.
- Quarantine yourself at home when you are not working.
- Are assigned to care for lower risk populations, if possible.
 - This will not always be possible as the pandemic intensifies.

DEVELOP SYMPTOMS of COVID-19 such as a cough, fever, shortness of breath, muscle aches, diarrhea, or loss of smell/ taste you MUST:

- Remove yourself from the workplace immediately.
- Isolate at home and stay away from other people.
- Contact your health care provider to discuss testing, evaluation, and treatment.
- Assume you have COVID-19 even if you are not tested.
- Not return to work per the 'Commissioner's Isolation Order' for AT LEAST:
 - 10 days since your symptoms started AND;
 - 3 days without a fever and without taking medicine to reduce a fever AND;
 - Your other symptoms (see above) have improved.
- If required by your employer to work, wear a face mask at work for 14 days from symptom onset however, you are strongly advised to wear a mask at work throughout this pandemic.
- Be assigned to care for lower risk populations, if possible
 - This will not always be possible as the pandemic intensifies.

POSITIVE for COVID-19 and have NO symptoms you MUST:

- Remove yourself from the workplace immediately.
- You must isolate at home by the 'Commissioner's Isolation Order' and stay away from other people (in public and your household)
- Not return to work for AT LEAST:
 - 10 days after the date you were tested.
- If required by your employer to work, wear a face mask at work until at least 14 days have passed since the date you were tested however, you are strongly advised to wear a mask at work throughout this pandemic.
- Be assigned to care for lower risk populations, if possible
 - This will not always be possible as the pandemic intensifies.