

Should I go to work?

In the last 14 days, have you experienced any of the following symptoms:

- A new fever (100.4 F or higher) or a sense of having a fever?
- A new cough that you cannot attribute to another health condition?
- New shortness of breath that you cannot attribute to another health condition?

And any two of the following that you cannot attribute to another health condition or a specific activity, such as physical exercise:

- A new sore throat?
- New muscle aches?
- New respiratory symptoms, such as sore throat, runny nose/nasal congestion, or sneezing?
- New chills or repeated shaking with chills?
- New loss of taste or smell?
- New loss of appetite, diarrhea or vomiting?

YES

You may not report to work. Notify your supervisor and contact your healthcare provider immediately.

NO (to all)

- Are you living with or caring for anyone with suspected or confirmed COVID-19?
- Have you been in **close contact** with anyone with suspected or known COVID-19?

YES (to either)

You may not report to work. Notify your supervisor.

NO (to both)

If you exhibit any of the symptoms listed above during your work shift, report this to your supervisor. You will be sent home and **not permitted to return to work until you are fever-free for 24 hours without the use of fever-reducing medications, have improvement of other symptoms, AND at least 10 days have passed since symptoms first appeared.**

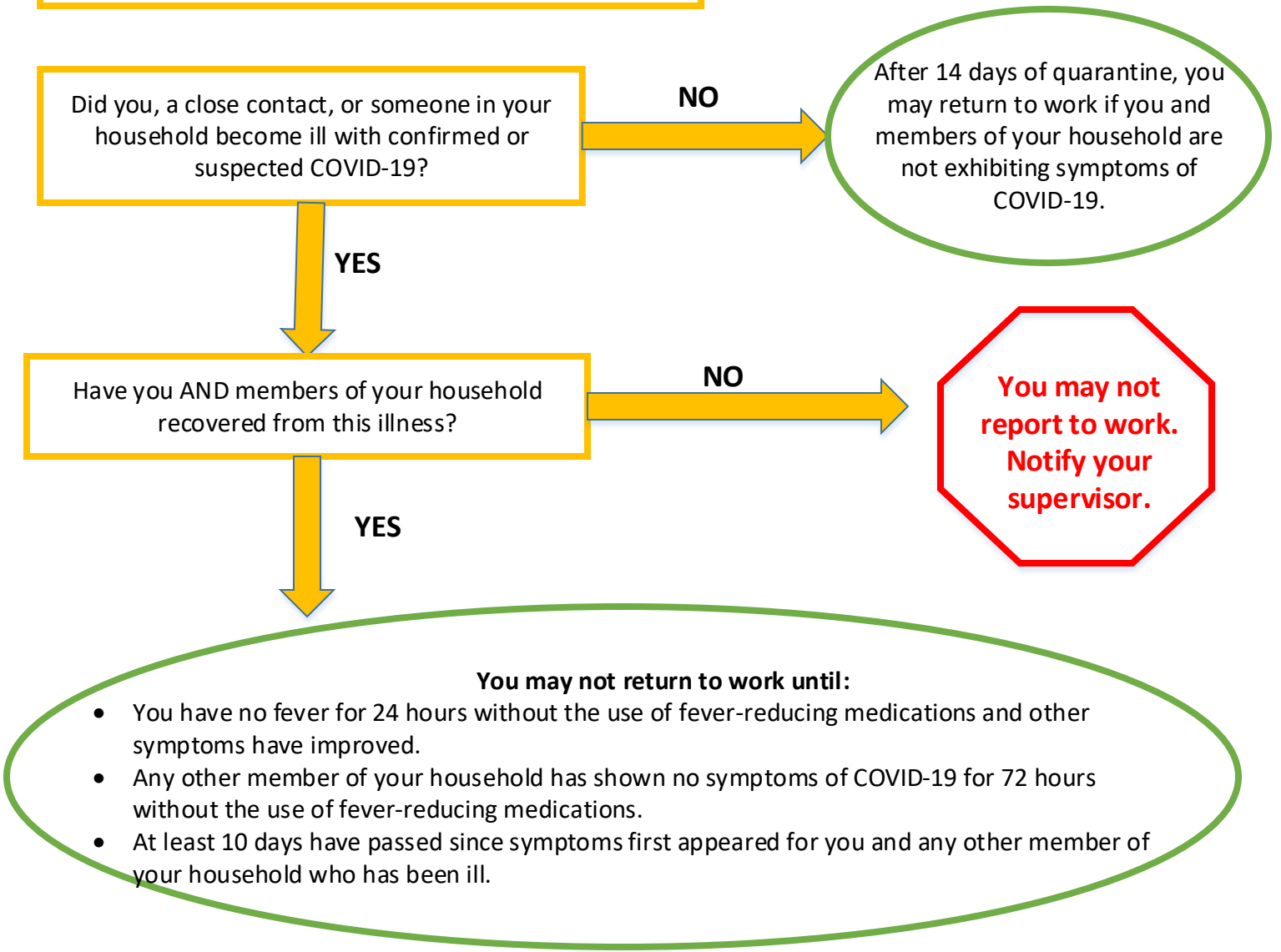
If you have been advised to stay home because of your exposure to COVID-19, you should remain in quarantine for 14 days. After 14 days, if you still do not show symptoms of illness, you may return to work. Please stay in touch with your supervisor to let them know your condition during the quarantine period.

Self-Quarantine

1. Monitor your health for fever, cough and shortness of breath during the 14 days after the last day you were in close contact with the sick person.
2. Do not go to work or school, and avoid public places for 14 days.
3. If you become ill during this period, contact your health care provider.

*Critical infrastructure employees should reference the PLU Return to Work Guide for additional information.

When should I return to work?



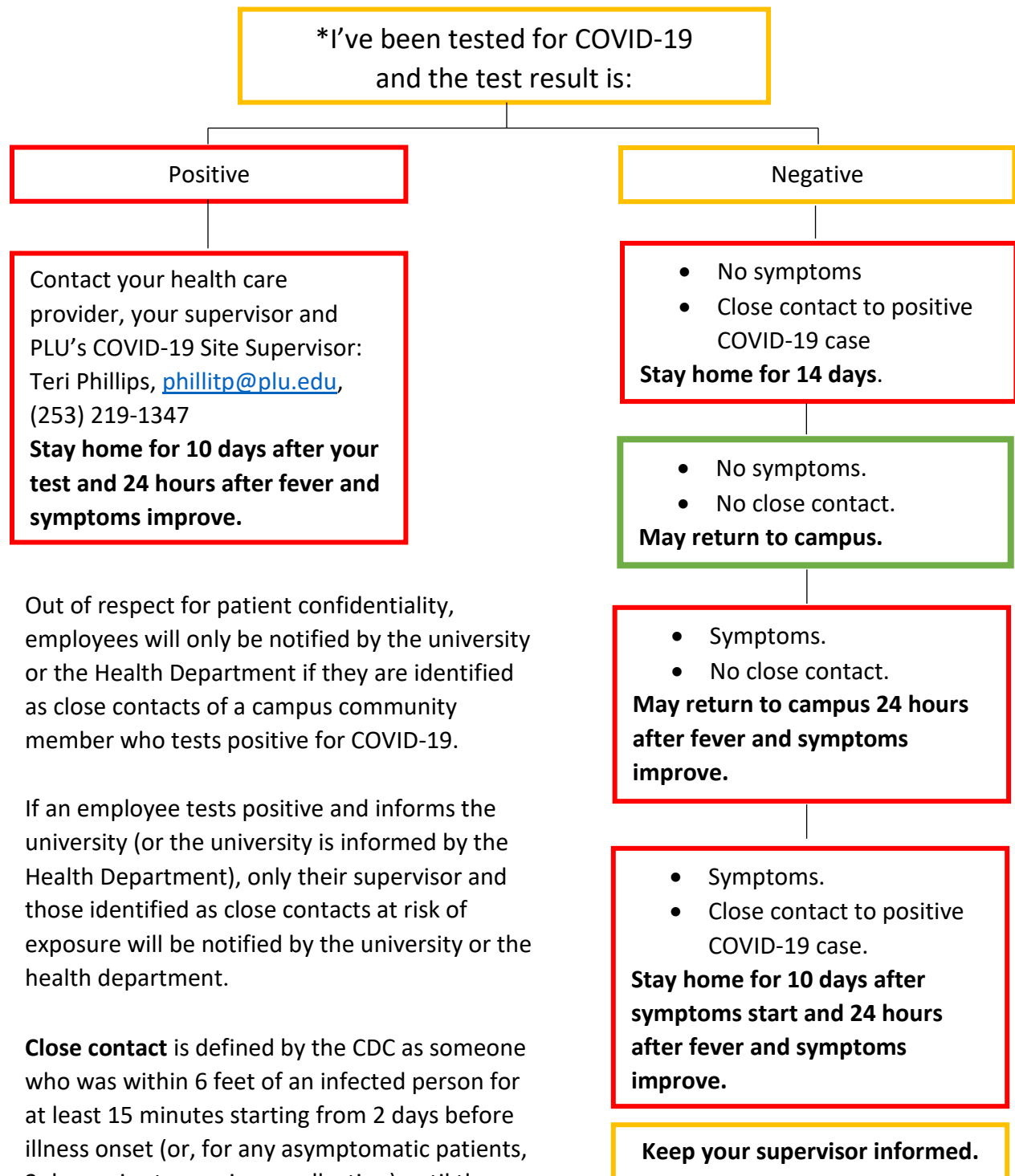
A “close contact” is defined by the CDC as: someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated.

“Suspected” is any case exhibiting COVID-19 symptoms or where a health care provider believes the person has COVID-19.

- ### Self-Quarantine
1. Monitor your health for fever, cough and shortness of breath during the 14 days after the last day you were in close contact with the sick person.
 2. Do not go to work or school, and avoid public places for 14 days.
 3. If you become ill during this period, contact your health care provider.

Employee Guidelines – COVID Symptoms & Testing

Updated 10.8.20



Out of respect for patient confidentiality, employees will only be notified by the university or the Health Department if they are identified as close contacts of a campus community member who tests positive for COVID-19.

If an employee tests positive and informs the university (or the university is informed by the Health Department), only their supervisor and those identified as close contacts at risk of exposure will be notified by the university or the health department.

Close contact is defined by the CDC as someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for any asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated.

*This flowchart is not for students or student employees. Students who have been tested should be directed to contact the Health Center.