

## COVID-19 FAQs for common Occupational Health concerns

**Q: What if I am feeling ill with upper respiratory symptoms (cough, fever, shortness of breath)?**

**A:** Please call your PCP, Teledoc (no charge at this time) or go to urgent care for treatment. Occupational Health is not offering sick visits at this time.

**Q: When can I return after being sick?**

**A:** You may return to work if cleared (in writing) by your health care provider and if afebrile for 24-72 hours without fever reducing medications such as Tylenol, Advil or Motrin. Please provide this documentation to Occupational Health.

**Q: What is considered a fever?**

**A:** A fever is any temperature greater than 100.4

**Q: What if I am returning from a CDC level 3 country (Europe, UK/Ireland, China, Iran, South Korea) even if I have no symptoms?**

**A:** You must stay home and self-quarantine for 14 days from date of arrival in the U.S., taking your temperature and recording it twice daily. You will need to provide this log to Occupational Health after 14 days.

**Q: What if I am returning from a cruise, even if I have no symptoms?**

**A:** You must stay home and self-quarantine for 14 days from date of arrival in the U.S., taking your temperature and recording it twice daily. You will need to provide this log to Occupational Health after 14 days.

**Q: What if I am returning from Colorado, specifically Eagle, Summit, Gunnison and Pitkin counties, even if I have no symptoms?**

**A:** You must stay home and self-quarantine for 14 days from date of departure from Colorado, taking your temperature and recording it twice daily. You will need to provide this log to Occupational Health after 14 days.

**Q: What if I was exposed to a known or suspected COVID-19 case outside of work?**

**A:** Please call Occupational Health as well as your local public health department to determine the best course of action. You will likely require a 14 day quarantine and/or testing. Do not report to work until you have spoken to Occupational Health (682-885-3837) and your local public health department.

**Q: What if I was exposed to a known or suspected COVID-19 case at work?**

**A:** Call Occupational Health. In many cases if you were utilizing proper PPE and your exposure was minor there is no action to be taken, however this will be determined by Occupational Health and Infection Control.

**Q: What if I have been tested for COVID-19 by my healthcare provider?**

**A:** Stay home and self-quarantine until your test results come back. If you test negative and your symptoms have resolved you may return to work with documentation and clearance from your healthcare provider. Please provide this documentation to Occupational Health. If you test positive you will need to quarantine as long as recommended by your healthcare provider and only return to work when cleared by your provider. Please call occupational health before returning and bring all applicable documentation from your healthcare provider.

**Q: What if I have not been tested, but told to self-quarantine at home due to a probable COVID-19 diagnosis?**

**A:** You may not return until either cleared by your provider based on the test-based or non-test-based protocols. The test-based protocol requires you to be fever-free, have no respiratory symptoms and two negative tests within 24 hours of each other. The non-test-based strategy requires you to be fever free for 72 hours along with improved respiratory symptoms, and it must be at least 7 days since your symptoms began. Regardless of clearance strategy, you must bring documentation from your provider to Occupational Health before returning.

**Q: What if I am immunocompromised or at heightened risk of severe illness from COVID-19?**

**A:** Please notify Occupational Health with your concern. Decisions will be made on a case-by-case basis depending on your specific situation. Utilizing standard infection control precautions and proper PPE, which includes gown, gloves, surgical mask and eye protection, should provide adequate protection to employees. N95 masks are generally not required except during aerosol generating procedures (bronchoscopy, intubation, sputum induction, etc).