Get Back to Business Safely

The health of your employees and business is important. Success starts with recognizing new strategies and guidelines that keep your employees — and our communities safe.
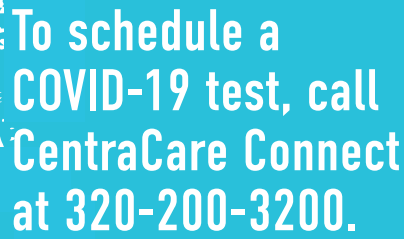
> Creating a healthy workplace is an investment in the safety of your employees, business and community.

Creating a Safe Workplace:

- Set up workspaces that allow for social distancing — six feet apart.
- Encourage employees to wear a face covering while in the facility and in public.
- Emphasize the importance of frequent hand hygiene, provide the tools for hand washing and teach proper techniques.
- Routinely clean and disinfect frequently touched surfaces.
- Conduct temperature and symptom screenings each time a visitor or employee enters your business.
- Employees who travel should stay up to date with the Centers for Disease Control and Prevention (CDC) guidelines for travel.

COVID-19 Testing and Symptomatic Employees:

- If COVID-19 testing is available, symptomatic people should be tested and self-isolate until test results are received.
- If an employee would like to be tested for COVID-19, they should call **CentraCare Connect at 320-200-3200.**
- If an employee is tested through CentraCare, employers can receive test results directly with written consent from the employee.
- Employees who are well but have been exposed to someone with confirmed COVID-19, should notify their employer, follow CDC guidelines to self-monitor and stay home if symptoms arise.
- If an employee is interested in an antibody test, they should work with their provider to receive a referral for the test. The Equal Employment Opportunity Commission states that an employer is not allowed to request antibody testing for their employees.

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COVID-19 Testing and Asymptomatic Employees:

- If COVID-19 testing is available, diagnostic testing of asymptomatic employees may be recommended.

If an asymptomatic employee tests positive for COVID-19:

- They should follow the CDC guidelines to self-isolate and may return to work if:
  - At least 10 days have passed since the date of the first positive test.
  - They continue to have no symptoms since the test.
  - Their medical provider may give them a note to indicate they were tested for COVID-19 and their results. It is up to the employer to determine when they will return to work. A note is not required.

- If they become symptomatic, they should return to work only when:
  - No fever is present for at least 24 hours (one full day without fever) without the use of medication that reduces fever.
  - Symptoms have improved.
  - At least 10 days have passed since symptoms first appeared.
  - Their medical provider may give them a note to indicate they were tested for COVID-19 and their results. It is up to the employer to determine when they will return to work. A note is not required.

Returning to Work After COVID-19:

A negative test is **not required after being positive** for COVID-19 and lingering symptoms do not mean a person is still infectious.

An employee can safely return to work after having mild to moderate COVID-19 symptoms or testing positive when:

- No fever for 24 hours (without medicine)
- Improving symptoms
- 10 days after symptoms first appeared
- Those with severe to critical illness should follow guidance from their provider.
- Their medical provider may give them a note to indicate they were tested for COVID-19 and their results. It is up to the employer to determine when they will return to work. A note is not required.

Retesting should only be considered if an employee was:

- Asymptomatic and had a negative COVID-19 test and then later developed symptoms.
- Symptomatic and had a negative COVID-19 test but has persistent or worsening symptoms.
- The recommended interval between tests is a minimum of one week.

For the most up to date guidelines for your business, please refer to the CDC's website at **www.cdc.gov.**

If you have questions regarding these guidelines, COVID-19 testing, antibody testing or are interested in printable resources for your business in different languages, please call **CentraCare – Midwest Occupational Medicine at 320-251-9675.**

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