

# Work during COVID-19:



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## Stay home if you are sick

### Know the signs of COVID-19

- Symptoms of COVID-19 can include fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell.
- Not everyone with COVID-19 has all of these symptoms, and some people may not have any symptoms.

### Act Responsibly

- If you are having symptoms or are positive for COVID-19, tell your manager, self-isolate at home, seek advice of a health care provider and do not return to work:
  - For at least 10 days AND when your temperature has been below 100.4 degrees for 3 days without use of fever lowering medicines AND symptoms have improved.
- If you have had extended direct contact (living with or working closely for 1 hour or more) with a suspected or diagnosed COVID-19 case, tell your manager, seek advice from a health care provider, and do not return to work:
  - For at least 14 days without any COVID-19 symptoms or until tested for COVID-19. If positive, follow the above recommendation.



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## Protect yourself and others from COVID-19

- Keep your distance by allowing at least 6 feet of space between each person.
- At work or in public, wear personal protective equipment (PPE) when provided or home-made mask or bandana.
- Do not touch your face (eyes, nose, mouth) without having washed your hands.
- Cover your cough and sneezes—use the crook of your arm or a tissue.

### Handwashing to prevent COVID-19

- Wash hands for 20 seconds with soap and water. When soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
  - When to clean your hands
  - Before eating or preparing food.
  - Before, during, and after your work shift.
  - At the start of work breaks.
  - After touching public surfaces.
  - After using the toilet.
  - After blowing your nose, coughing, or sneezing.
- [CDC Handwashing Advice \(https://www.cdc.gov/handwashing/\)](https://www.cdc.gov/handwashing/)



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