

## **SYMPTOMS OF COVID-19 (PER THE CDC)\***

Fever or chills ▪ Cough ▪ Fatigue ▪ Headache ▪ Diarrhea ▪ Sore throat  
Nausea/vomiting ▪ Muscle or body aches ▪ Congestion or runny nose  
Shortness of breath or difficulty breathing ▪ New loss of taste or smell

## **EMERGENCY WARNING SIGNS**

**Trouble breathing, Bluish lips or face, New confusion,  
Persistent pain/pressure in the chest, Inability to wake/stay awake**

\*Employees do not need to follow the below protocols provided their symptoms are attributable to other legitimate non-COVID-19 diagnosis (e.g. seasonal allergies, chronic migraines). Employees should seek clarification from their primary care physician if needed.

## **What I must do if...**

**Test positive for COVID-19**



Stay home or go home if you are at work, inform Human Resources and direct supervisor, contact the Monroe County Health Department, isolate for at least 10 days following the onset of illness

**Have symptoms of COVID-19 but have not had a test**



Stay home or go home if you are at work, inform direct supervisor, contact your primary care physician, isolate for at least 10 days following the onset of illness (if cleared by doctor earlier, must provide doctor's note to Human Resources)

**Come in contact with a person who is confirmed positive for COVID-19**



Stay home or go home if you are at work, inform Human Resources and direct supervisor, quarantine for 14 days from the last date of contact with the person, contact your primary care physician for guidance and/or testing

**Come in contact with a suspected case or a person who has symptoms**



Self-monitor and practice safety precautions, act based on the suspected case's COVID-19 results, contact your primary care physician for guidance and/or testing

**Return from an area under travel advisory**



Quarantine for 14 days upon arrival back in New York State, per NYS Executive Order 205

**For all above scenarios, you must receive clearance from a doctor to return to work.**

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**EMERGENCY WARNING SIGNS**

**Trouble breathing, Bluish lips or face, New confusion,  
Persistent pain/pressure in the chest, Inability to wake/stay awake**

\*Children may be less likely to present with fever initially and may only have gastrointestinal tract symptoms (NYS guidance).

**What I must do if...**

**Test positive for COVID-19**



Stay home or go home if you are at school, inform school main office, contact the Monroe County Health Department, isolate for at least 10 days following the onset of illness and until fever-free for at least 72 hours

**Have symptoms of COVID-19 but have not had a test**



Stay home or go home if you are at school, inform school main office, isolate for at least 10 days following the onset of illness, contact child's primary care physician for testing

**Come in contact with a person who is confirmed positive for COVID-19**



Stay home or go home if you are at school, inform school main office, quarantine for 14 days

**Come in contact with a suspected case or a person who has symptoms**



Self-monitor and practice safety precautions, contact child's primary care physician, act based on the suspected case's COVID-19 results

**Return from an area under travel advisory**



Quarantine for 14 days upon arrival back in New York State, per NYS Executive Order 205

**For all above scenarios, you must receive clearance from a doctor to return to school.**