

COVID-19: WORKPLACE QUESTIONS AND ANSWERS

What are the Centers for Disease Control (CDC) recommendations after being exposed to the coronavirus disease?

Stay home and monitor your health. Stay home for 14 days after your last contact with a person who has COVID-19. Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19. If possible, stay away others, especially people who are at higher risk for getting very sick from COVID-19.

How long do I need to quarantine for if I was exposed to the coronavirus disease?

It can take up to 14 days after exposure to the virus for a person to develop COVID-19 symptoms. A negative result before end of the 14-day quarantine period does not rule out possible infection.

What if I have been around someone who was identified as a close contact to a person with COVID-19?

If you have been around someone who was identified as a close contact to a person with COVID-19, closely monitor yourself for any symptoms of COVID-19. You do not need to self-quarantine unless you develop symptoms or if the person identified as a close contact develops COVID-19.

Do I still need to quarantine for 14 days if I was around someone who has COVID-19?

Yes. You should still self-quarantine for 14 days since your last exposure. It can take up to 14 days after exposure to the virus for a person to develop COVID-19 symptoms. A negative result before end of the 14-day quarantine period does not rule out possible infection. By self-quarantining for 14 days, you lower the chance of possibly exposing

Can masks help reduce the spread of COVID-19?

Masks with at least 2 layers of fabric are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings. Simple masks can be made at home using washable, breathable fabric and may help prevent the spread of COVID-19