



LPC Return to work guidelines

8/28/2020

Note: La Plata County cannot provide medical advice to its employees, nor should supervisors solicit any health information beyond asking employees if they have any COVID-19 symptoms.

If an employee has a return to work note from their health care provider, we will defer to that recommendation. If an employee has not sought treatment or does not have instructions from his/her health care provider, we will adhere to the following guidelines.

Per CDC Guidelines

If an employee has not sought medical treatment and has had COVID-19 type symptoms (scratchy throat, fever, cough or respiratory issues – see complete list on page 2), we are following the CDC's guidelines for returning to work. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html> Currently those guidelines are:

You can be with others after

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without fever-reducing medication **and**
- Symptoms have improved

If you had severe illness from COVID-19 (you were admitted to a hospital and needed oxygen), your healthcare provider may recommend that you stay in isolation for longer than 10 days after your symptoms first appeared (possibly up to 20 days) and you may need to finish your period of isolation at home. If testing is available in your community, your healthcare provider may recommend that you undergo repeat testing for COVID-19 to end your isolation earlier than would be done according to the criteria above. If so, you can be around others after you receive two negative tests results in a row, from tests done at least 24 hours apart.

Returning to work – what you need to know:

- In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.
- If you return to work, continue to protect yourself by [practicing everyday preventive actions](#).
- Keep these items on hand when returning to work: a [mask](#), tissues, and hand sanitizer with at least 60% alcohol, if possible.

Quarantines

Per Colorado Department of Public Health and Environment

<https://covid19.colorado.gov/how-to-quarantine#>

For employees who were in close proximity to someone who may have COVID-19, we will adhere to the 14 day recommended quarantine period, unless it is determined that the person to whom they were exposed did not have COVID-19. In this case they should return to work right away unless they have developed symptoms themselves.

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

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

This list does not include all possible symptoms. Check the CDC website for updates.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>