

# OhioHealth Work Guidelines updated 1/6/22

## Respiratory Viral Illnesses (Including influenza or COVID-19)

When you get sick, it can be challenging to know when to work and when to stay home. It's important to keep yourself healthy and protect the health of your coworkers. Know when to stay home and when it's appropriate to return to work.

Symptoms	What to Do	When to Return to Work
<p>If you have any of these symptoms suggestive of COVID or FLU including:</p> <ul style="list-style-type: none"><li>Fever (Temp <math>\geq 38^{\circ}\text{C}/100.4^{\circ}\text{F}</math>)</li><li>New/unexplained headache</li><li>Body chills</li><li>New/unexplained body aches</li><li>Sore throat</li><li>Cough</li><li>New/unexplained congestion or runny nose</li><li>GI symptoms (nausea, vomiting, diarrhea)</li><li>Loss of taste or smell</li></ul>	<p>Stay at home.</p> <p>Call your primary care provider about possible testing.</p>	<p>If COVID testing is <b>positive</b> then follow the flow diagram below.</p> <p>If COVID testing is <b>negative</b> then return to work after 24 hours of no fever and a significant reduction in symptoms.</p> <p><b>Additional precautions:</b></p> <ul style="list-style-type: none"><li>Limit contact with high-risk individuals, which include people over 60 and those with chronic disease, like diabetes, or heart or lung disease.</li><li>Use standard precautions like covering your cough and sneeze.</li></ul>

### Return to Work precautions after COVID-19 testing

#### Positive Test for COVID-19

- Isolate 5 days since symptoms first appeared or test date. If asymptomatic, then 5 days since a positive result. *Note: First day of symptoms or date of test if asymptomatic is Day 0.*
- If at 5 days symptoms have improved and no fever for 24 hours, then return to work wearing a mask at all times until day 10.
- If symptoms haven't improved at day 5 then continue isolation until no fever for 24 hours and symptoms have improved.

#### Negative Test for COVID-19

- At least 24 hours of no fever and without fever-reducing medications.
- If symptoms have significantly improved, then return to work with no restrictions.

When returning to work:  
Maintain recommended work guidelines (masking, hand hygiene, social distancing and any other recommendations).



Use the camera on your phone to scan the QR code to learn more about CDC guidelines.

These recommendations apply to all employees, faculty, temporary workers, trainees, volunteers, and students. This includes staff who provide services to or work in customer care or clinical areas. These are general recommendations based on current CDC guidelines and are subject to change. They do not replace the advice of your healthcare provider.

If questions arise, call the Ohio Department of Health hotline at 1 (833) 427.5634.