







Guidelines for Sick Employees

Every morning, employees should check themselves for signs of illness. Use these guidelines to understand when to stay home from work.

Stay Home (COVID-19 Symptoms)	Return to Work
<p>If ONE of these symptoms is present:</p> <ul style="list-style-type: none"> ▣ Cough ▣ Shortness of breath/difficulty breathing ▣ New loss of taste or smell <p>If TWO or more symptoms are present:</p> <ul style="list-style-type: none"> ▣ Fever of 100.4° F or above ▣ Chills ▣ Sore throat ▣ Muscle or body aches ▣ New onset of headache ▣ Congestion or runny nose ▣ Fatigue ▣ Diarrhea ▣ Nausea or vomiting <p>Family members who live in your home and attend an MPS school or work at an MPS site must also stay home. Fully vaccinated household members (12 years of age or older) who are NOT showing symptoms are NOT required to quarantine or test and may return to school or work.</p>	<p>If you show COVID-19 symptoms but are not tested or do not see a health care provider, you cannot return to work for 10 days.</p> <p>If you test positive or a health care provider diagnoses COVID-19, you may return to work:</p> <ul style="list-style-type: none"> ▶ After 24 hours with no sign of fever (without fever-reducing medication such as acetaminophen or ibuprofen) ▶ And symptoms show improvement ▶ And at least 10 days have passed since symptoms first appeared <p>If you show symptoms but test negative for COVID-19:</p> <ul style="list-style-type: none"> ▶ Stay home until you are without symptoms (including no fever for at least 24 hours without the use of fever-reducing medication). Upon return, you must provide documentation of a negative test. <p>If you are exposed to someone with COVID-19, you may return to work when all the following are met:</p> <ul style="list-style-type: none"> ▶ Quarantine for 14 days ▶ Monitor for COVID-19 symptoms ▶ If you become symptomatic during quarantine, talk to your health care provider or local health department about testing and next steps.

General Symptoms: Employee is sick due to another illness and/or tests negative for COVID-19.

Stay Home (General Symptoms)	Return to Work
Fever of 100.4° F or above 	Fever has ended for at least 24 hours without use of fever-reducing medication such as acetaminophen or ibuprofen.
Vomiting 	Vomiting has ended for at least 24 hours and can hold down food.
Diarrhea 	Diarrhea has ended for at least 12 hours.
Persistent cough 	You are able to sleep without waking to cough.
Rash 	Rash has a diagnosis, is being treated, or has healed.
Headache 	Headache does not affect ability to open eyes and focus on work.

Contact your health department or health care provider if you have questions.