

Information for Health Care Workers with High-risk COVID-19 Exposure

Patients, residents, and/or co-workers at your workplace have tested positive for COVID-19. Some situations can put staff at risk for infection, including providing direct care and working in the same space as people with COVID-19. Because of the COVID-19 in your workplace, you have been assessed at high-risk for infection, and the Minnesota Department of Health (MDH) has some recommendations for you.

Voluntary stay-at-home (quarantine) recommendations

- If your employer has tried all other ways to find staff, they can ask you to work during a 14-day voluntary quarantine, if you are not sick.
- MDH recommends that you go into quarantine, which means that you stay at home and away from work for 14 days from your last contact with someone who has confirmed COVID-19, while you were not wearing all necessary protective equipment.
- You were or will be told by your employer the date that this voluntary quarantine ends.
- Minnesota state law provides employment protections for a person who stays away from work because of a health department recommendation. It is your right to make a choice to return to work if you do not have symptoms. According to [Minnesota Statutes: 144.4196 Employee Protection \(www.revisor.mn.gov/statutes/cite/144.4196\)](http://www.revisor.mn.gov/statutes/cite/144.4196), employers cannot discharge, discipline, threaten, penalize, or otherwise discriminate in the work terms, conditions, or privileges of employment.
- If you return to work during this period, you must wear a surgical face mask at the worksite, not a cloth mask. The face mask must be worn at all times when providing resident care and at all times when within 6 feet of any other person.
- MDH also recommends that during your voluntary quarantine you stay in your home and away from any place outside your home. If you work during this time, go directly to work and then directly back home again.

Self-monitoring of health recommendations

- Pay attention to respiratory symptoms that could be caused by a COVID-19 infection, including cough, shortness of breath, and sore throat.
 - Take your temperature twice daily – around the same time each morning and evening.
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What to do if you get sick

- Do not work while sick, even if you are only mildly ill.
 - If you get a fever (measured temperature higher than 100.0 degrees Fahrenheit or feeling feverish) or respiratory symptoms, such as a cough, sore throat, or shortness of breath, you must immediately separate yourself from others.
 - If you are at home and become sick, do not go to work. Call your supervisor to report your symptoms and tell them you will not be at work.
 - If you become sick at work, tell your supervisor and go home.
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How to protect yourself and others at work

- The work you do to care for patients and residents is important. MDH and your employer want to help you be safe when you return to work.
 - Wearing a face mask for source control and practicing good hand hygiene will help keep patients, residents, and co-workers safe if you develop COVID-19 without feeling sick.
 - To keep yourself safe, make sure to use all of the personal protective equipment (PPE) that is needed for your job duties. When working with a patient or resident that has suspected or confirmed COVID-19, a face mask, eye protection, gown, and gloves are needed. These should be available for staff who are providing direct care.
 - Find information and videos about using PPE at [CDC: Using Personal Protective Equipment \(PPE\) \(www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html\)](https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html).
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What to do if you need testing

- Health care workers, including staff of long-term care and assisted living, are a priority for testing in Minnesota.
- Call your regular health care provider first to set up a time for testing, or visit [Find Testing Locations \(mn.gov/covid19/for-minnesotans/if-sick/testing-locations/\)](https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/).
- If your provider is unwilling to test you, MDH can give you a letter stating that staff at your facility should be tested.

- If you still have difficulty finding testing, please call MDH. MDH may be able to find a way to help get you tested.

How to contact someone at MDH

Telephone: 651-201-5414

Hours: 8 a.m. to 4 p.m. weekdays



Minnesota Department of Health | health.mn.gov | 651-201-5000
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Contact health.communications@state.mn.us to request an alternate format.

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