STAY SAFE MN

# Information for Health Care Workers with Low-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 or working in the same space as people with COVID-19. Because of the COVID-19 in your workplace and the personal protective equipment (PPE) you were using, you have been assessed at low-risk for infection, and the Minnesota Department of Health (MDH) has some recommendations for you.

## Public health recommendations

- As long as you do not become sick, you are not in quarantine.
- You may continue to work and go to other places outside of your home as long as you follow state recommendations for movement and social distancing.

## 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 – each morning and evening around the same time.

## 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.

# 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 go back 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).

# What to do if you need testing

- Health care workers, including long-term care and assisted living staff, 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/).

- 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