

COVID-19 Employee Safety Guide

FOR STATE GOVERNMENT WORKERS EFFECTIVE MAY 11, 2023

These changes coincide with the lifting of the federal Public Health Emergency (PHE).

FOLLOW PUBLIC HEALTH BEST PRACTICES

➤ **GET VACCINATED AND BOOSTED.** Strongly consider vaccination against COVID-19 and boosters. For more information on getting vaccinated, visit the [State's vaccination website](#).

➤ **MASK USE.** State workers may choose to wear a mask when inside, regardless of vaccination status. Anyone is welcome to wear a face covering based upon their personal comfort level and choice and it is recommended when you have been around anyone who has been sick. Some people have family members who are immunocompromised; others may want to respect co-workers who are concerned about communicable diseases.

- According to CDC guidelines, if you have tested positive for COVID-19, even after leaving isolation, it is recommended you continue to wear a mask for an additional five days.
- Likewise, if you were exposed to someone with COVID-19, the CDC recommends wearing a mask in public for 10 days

➤ **WAIT! STAY HOME IF YOU ARE SICK.** If sick, stay home, contact your supervisor, and seek any necessary medical attention. If you feel sick with any symptoms consistent with COVID-19 (such as fever or chills, a cough, or shortness of breath), test for COVID-19. You can be tested at most [Walgreens locations](#) and [CVS locations](#). At-home [self-tests](#) are available for purchase at most drug stores and can be used at home or anywhere. Particularly when using self-tests, serial testing may be necessary.

➤ **POSITIVE?** Follow [U.S. CDC guidance for people with COVID-19](#). The CDC provides a tool to help you determine your individual contagious and isolation timeline with this [Isolation and Exposure Calculator](#). Talk with your healthcare provider about [treatments](#) that may be available to you.

➤ **WASH THOSE HANDS.** Frequent hand hygiene reduces the risk of transmission of COVID-19 by removing pathogens from the surface of the hands. Cough or sneeze into your elbow when not wearing a face covering or alternatively, cough or sneeze into a tissue, discard the tissue into a trash container, and then perform hand hygiene.