

Employee Guidance – COVID19 Symptomatic and Exposed Staff

04/08/20 v5

When do I act? What do I do?

Step 1: Evaluate your Symptoms – if you have one of the following, stay at home and go to Step 2.

- Fever \geq 100.0 F or \geq 99.6 over 65y/o, new severe cough, shortness of breath, sore throat, runny nose, body aches, significant fatigue, chills, or loss of smell.



Step 2 – Complete online screening at www.multicare.org/for-staff/. If you qualify, you will be prompted to schedule a visit at an Employee Testing Center. EH will be notified of your COVID-19 results (no need to call or get EH approval).



Step 3: Notify your Manager/call sick. Remain off work until results are received.



Step 4: If you do not go to a MHS site for testing, notify EH. With approval from you, EH will attempt to get your COVID-19 result done within the MHS system.

- PSR: employeehealth2@multicare.org or (253) 403-4007
- INW: jbaker2@multicare.org or (509) 473-5744

When can I work? When do I wear a mask?COVID-19 Positive Test or Symptomatic with Known Exposure/No COVID-19 Test:

- Return to work after 7 days with no fever for 72 hours without fever-reducing medication (e.g. Tylenol).
- Need Return To Work note from Employee Health.
- Wear commercial surgical mask at work until 15th day from symptom onset.

COVID-19 Negative Test or No Known Exposure/ No COVID-19 Test:

- Return to work when no fever for 24 hours without Tylenol, etc.
- And clinically improved, no fever, uncontrolled cough, etc.
- Do not need Return To Work (RTW) note from EH or Provider.

“What is a Known Exposure?”

“A Known Exposure occurs when you care for a COVID+ patient without appropriate PPE.”

“Someone I live with tested COVID-19 positive. Can I work?”

“Yes. Monitor for symptoms for 14 days and wear a commercial surgical mask at work.”