



## COVID-19 Exposure – Staff

You may have been exposed to this illness on \_\_\_\_\_.

It is recommended that exposed individuals test 3-5 days after their exposure or immediately if symptoms develop.

You are **NOT** required to quarantine at home at this time. CalOSHA requires staff to wear a mask for 10 days following a workplace exposure to COVID-19. Immediately notify your employer if you test positive for COVID-19. Please visit the [CalOSHA FAQs](#) for additional guidance.

### COVID-19 can cause these symptoms:

- Fever
- Chills
- Cough
- Shortness of breath/ difficulty breathing
- Sore throat
- New loss of taste and/or smell
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting or nausea and/or diarrhea
- Conjunctivitis (pink eye)

Symptoms usually start 2 to 10 days after a person is exposed to the virus.

COVID-19 can cause serious illness in individuals with underlying conditions and in older adults.

### What should I do now?

**Monitor** for symptoms of this illness for 10 days. If you develop any of the symptoms above, isolate yourself from others you live with and test for COVID-19. Go to the hospital if you are having difficulty breathing or are unresponsive. Individuals with COVID-19 may NOT return to work until they have completed their [isolation period](#).

For more information contact your healthcare provider or visit: <https://coronavirus.marinhhs.org>

Everyone who is eligible should receive the COVID-19 vaccine to reduce the risk of getting sick.

### How is COVID-19 spread ?

COVID-19 is spread in 3 main ways:

- Breathing in air when close to an infected person.
- By droplets from talking, coughing and sneezing that land in the eyes, mouth or nose.
- Touching eyes, nose or mouth with hands that have the virus on them.

An infected person can spread COVID-19 starting from 2 days before they had symptoms (or for people without symptoms 2 days before they tested positive) until they meet criteria for discontinuing home isolation.