



Guidance for Essential Critical Workers Who Have Been Exposed to COVID-19: April 9, 2020

To ensure continuity of the operations of essential businesses in Louisiana, and following CDC guidance, the Louisiana Department of Health recommends that critical workers can return to work following potential exposure to COVID-19. However, they must remain asymptomatic and additional precautions must be taken to protect workers and the community.

Precautions to take when returning to work

A person who has been exposed to COVID-19 and who is still sick or has symptoms cannot return to work. Once the worker is symptom-free, and ready to go back to work, follow these guidelines:

- Take temperature before work. Stay home if it is 100.4 degrees or more.
- Wear a face mask at all times for the next 14 days.
- Avoid using other employees' phones, desks, offices or other work tools and equipment when possible.
- Practice social distancing in the workplace as work duties permit.
- Follow other guidelines set by your employer.
- DO NOT share a headset or other objects used near your face.
- DO NOT congregate with others in breakrooms or other crowded places.

What employers can do

- Employers should measure the employee's temperature and assess symptoms prior to them starting work. Ideally, temperature checks should happen before the individual enters the facility.
- Employers can issue face masks or can approve employees' supplied cloth face coverings in the event of shortages.
- Employers should increase the frequency of cleaning commonly touched surfaces.

Workers who were sick and have recovered

A person who had COVID-19 symptoms and were directed to care for themselves at home may end self-isolation and return to work when at least 3 days (72 hours) have passed since recovery and meet the following three requirements:

- Have been fever free without using fever-reducing medications, and



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- Show improvement in respiratory symptoms including no longer coughing or having shortness of breath, and
- It has been at least 7 days since symptoms first appeared.