

### BACKGROUND

The Department of Health (DOH) is working with local and federal partners to slow the spread of COVID-19 in Pennsylvania. This fact sheet is for businesses that were deemed [essential](#) by the Department of Community Economic and Development (DCED). The CDC has issued [interim guidance for businesses and employers](#) to protect the health of their workers. To prevent stigma and discrimination in the workplace, use only guidance from the CDC or DOH. Do not make determinations of risk based on an employee's race or country of origin and be sure to maintain confidentiality of people with suspected or confirmed COVID-19.

### GOING BACK TO WORK AFTER COVID-19 EXPOSURE

If you have COVID-19 and don't work in healthcare:

- Stay home for at least seven days after you are tested AND wait until you are fever free for 72 hours
- After following the DOH quarantine guidelines and checking with your employer, you may go back to work.

If you have COVID-19 and work as a healthcare provider:

- Stay home for at least seven days after you are tested AND wait until you are fever free for 72 hours. Also make sure your respiratory symptoms are improving.
- After following the DOH quarantine guidelines and checking with your employer, you may go back to work but you MUST:
  - Wear a facemask all the time;
  - Stay away from transplant and hematology patients for 14 days;
  - Follow infection control guidance; and
  - Self-monitor for worsening symptoms.

If someone in your household has COVID-19:

- Quarantine at home. If you become sick, follow the "I have COVID-19" guidance above. If you do not get sick, you must:
  - Quarantine for 14 days AFTER person in household is released from isolation before returning to work\*.

Someone you work with, and came into close contact with (within 6 feet for several minutes) has COVID-19:

- Quarantine at home for 14 days. If you do not develop symptoms during that time, you can return to work\*.
  - If you develop symptoms, follow the guidance for "if you have COVID-19," above.

*\*After following the DOH quarantine guidelines, check with your employer before returning to work.*

### HOW TO STOP THE SPREAD OF COVID-19

DOH encourages businesses to increase education on preventing illnesses such as the cold, flu and also the coronavirus:

- **Wash** hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- **Cover** any coughs or sneezes with your elbow, do not use your hands!
- **Clean** surfaces frequently, such as countertops, light switches, cell phones and other frequently touched areas.
- **Contain-** if you are sick, stay home until you are feeling better.

### RESOURCES FOR MORE INFORMATION

DOH – <https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx> (includes posters for download/print)

CDC – <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

[OSHA Guidance on Preparing Workplaces for COVID-19](#)