

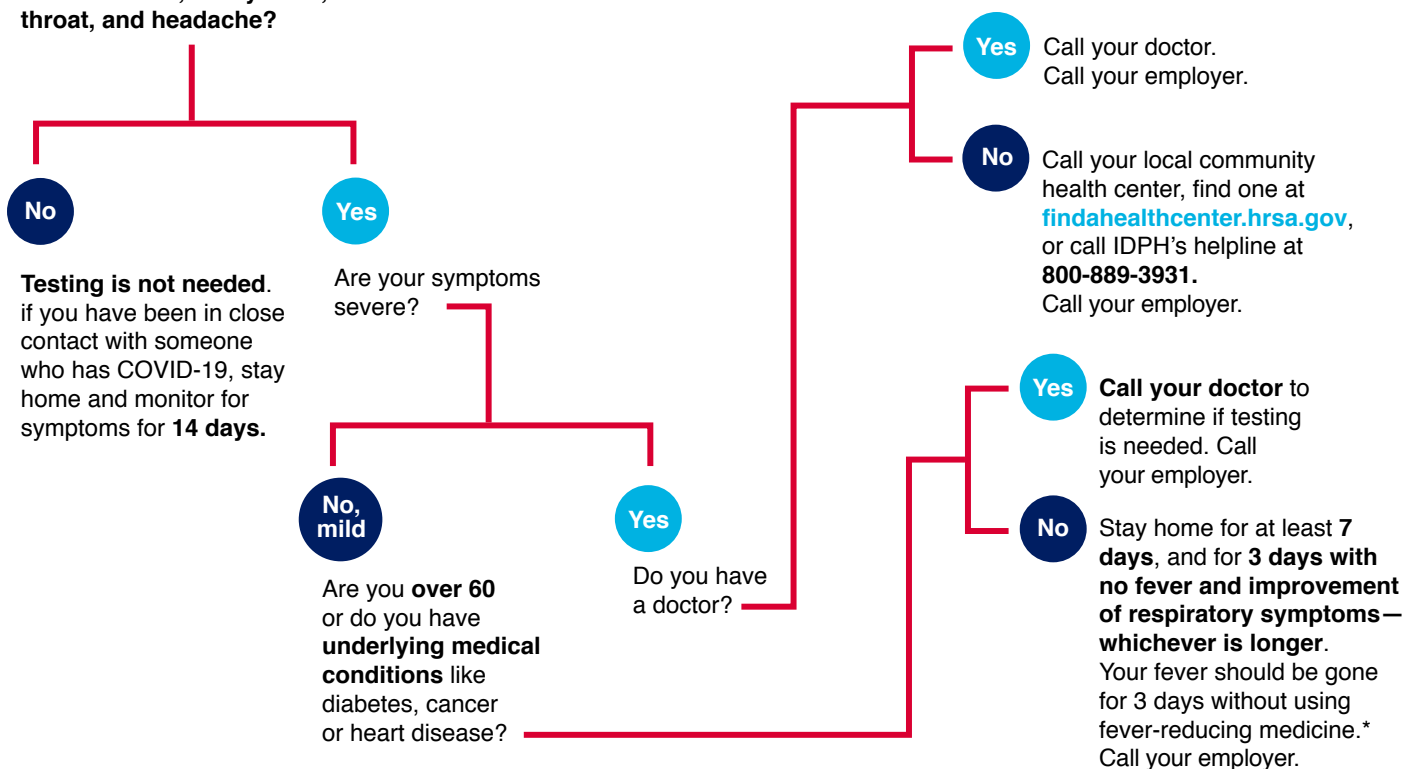
I have symptoms, what should I do?



Collaboratory for Health Justice

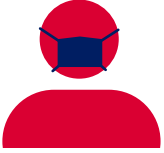
COVID-19 is a respiratory disease, and the most common symptoms are fever, cough and shortness of breath. These can show up anywhere from 2 to 14 days after being exposed. There is no treatment or cure for COVID-19. For most people, the illness is generally mild and can be safely managed at home. Testing is only recommended for individuals who are at higher risk of serious illness, like people over 60 or with underlying medical conditions. Everyone, regardless of symptoms, should practice social distancing and good hand hygiene.

Are you having symptoms - fever, cough, difficulty breathing, muscle aches, runny nose, sore throat, and headache?



*For example, if you have a fever and coughing for 4 days, you need to stay home 3 more days with no fever for a total of 7 days. Or, if you have a fever and coughing for 5 days, you need to stay home 3 more days with no fever for a total of 8 days. Adapted from Chicago Department of Public Health.

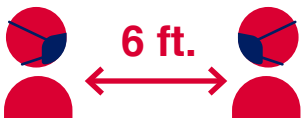
FAQs for Essential Workers



What should I do if I think I came in contact with someone who is sick?

You should monitor your health for fever, cough, difficulty breathing, new loss of taste or smell, muscle pain, sore throat, or headache during the 14 days after you were last in close contact with a person sick with COVID-19. **You can continue to go to work as long as you have no COVID-19 symptoms and only after approval from and under the direction of your employer.** If you have any conditions that may increase your risk for a serious illness (age 60 years or over or have underlying medical conditions), contact your health care provider and tell them you were exposed to someone with COVID-19. Apart from providing essential services, you should avoid public places for 14 days. In addition you should take everyday preventative actions.

- Minimize close contact to other household members as best you can
 - o Those who are sick should wear a face covering at home
 - o If you can, stay in another room, use a separate bathroom, and eat in separate areas
 - o Avoid sharing dishes, glasses, towels, or other household items
- Clean high touch surfaces and shared spaces every day, such as counters, toilets, and doorknobs
 - o Dry laundry on high heat. Wash hands after touching dirty laundry and before transferring clothes from washer to dryer.
 - o Use a lined trash can
- Protect yourself by frequently washing your hands for 20 seconds with soap and water, especially after cleaning items or taking off gloves. Avoid touching your eyes, nose, or mouth.



What can I do to protect myself and those I work with?

- Take your temperature before going in to work. If your mouth temperature (oral thermometer) is >100.4 Fahrenheit, stay home.
- Use a face cloth covering even if your job does not require a mask or respirator
- Practice social distancing as much as possible
 - o Avoid physical contact with co-workers
 - o Stay at least 6 feet apart from other works
- Practice Personal Hygiene- wash your hands often and do not touch you face or mask
- Do not share headsets or other objects used near the face
- Refrain from congregating in crowded break rooms

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- Clean and disinfect frequently touched areas and surfaces such as offices, bathrooms, and common areas
- When you return home, wash your hands with soap and water for at least 20 seconds
- Depending on your job, designate a space in your home where you remove your clothes and immediately shower



When can I go back to work?

Do not return to work until the criteria to discontinue home isolation are met, in consultation with healthcare providers and state and local health departments. This means,

- Having no fever without the use of fever-reducing medications for at least 3 days
- Improvement in respiratory symptoms (e.g., cough, shortness of breath)
- If you will be tested, you received two negative tests in a row, 24 hours apart



What is the Families First Coronavirus Response Act (FFCRA)?

For detailed information and resources for you as a worker, see [this workers resource benefit guide](#).

The Families First Coronavirus Act (FFCRA) establishes requirements for employees that says:

- Employees should be allowed to utilize paid sick leave or expanded family and medical leave for themselves, to care for family members who are sick, or to care for a child whose school or place of care is closed for reasons related to COVID-19.
- Some employers can make special accommodations as a result of the COVID-19 outbreak. Employees should first check with their management on any special guidance and policies associated with the COVID-19 response.
- If the employer is subject to the FFCRA and denies paid leave, the employee may contact 1-866-4US-WAGE (1-866-487-9243). USDOL Wage & Hour Division is responsible for administering and enforcing the FFCRA provisions.

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Where can I report employers that I believe have unsafe conditions due to COVID-19?

- Call the Office of the Attorney General of Illinois Work Place Rights Bureau (Phone: 844-740-5076). Their website is: illinoisattorneygeneral.gov/rights/labor_employ.html. On the website, you can file a work rights complaint. Caller can also send an email directly to: workplacerrights@atg.state.il.us
- If you work for a large business with multiple sick employees, contact your LHD for help.
- If you believe your working conditions are unsafe or unhealthful, you may also file a complaint with Federal OSHA or Illinois OSHA.
- Please file a complaint with **FEDERAL OSHA** if you work for a private sector employer (example: gas stations, manufacturer, retail business establishment, restaurant, etc.). [Private Sector Complaint Form](#).
- Please file a complaint with **ILLINOIS OSHA** if you work for a state and local government employer (example: public works departments, police and fire departments, State of Illinois offices and agencies). [State and Local Government Complaint Form](#).

What are my employee rights if my employer has not closed due to COVID-19?

- Illinois is an "employment at-will" state, meaning that an employer or employee may terminate the relationship at any time, without any reason or cause. The employer, however, cannot discriminate based on race, color, religion, sex, national origin, ancestry, citizenship status, age, marital status, physical or mental handicap, military service or unfavorable military discharge. If you wish to locate additional information regarding this, visit the [Illinois Department of Human Rights](#).

Resources:

Center for Disease Control and Prevention: [Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19](#).

Illinois Department of Labor: [Questions from Employees](#).

Chicago Department of Public Health: [Guidance for Critical Infrastructure Workers](#).

UIC Public Health: [COVID-19 Guide for Workers in Illinois](#)