

Dear Valued Employee,

As we continue to battle COVID-19, we want to continue supporting you by sharing CDC recommendations and updates. The following information is included here:

How to complete your self-health check, every time, before work

What to do if:

- **You have been in close contact with someone with COVID-19**
- **You think or know that you had COVID-19 AND you had symptoms**
- **You tested positive for COVID-19 AND you did not have symptoms**

Thank you for reading and staying informed! The longer version of this information is available for review [*here*](#).

Your self-health check

Cooperative asks that all employees perform a self-health check prior to reporting to work.

1. Do you have a temperature greater than 100 degrees Fahrenheit?
2. Do you have one or more of the following symptoms (not related to seasonal allergies):
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
3. Have you had close contact* with a person diagnosed with COVID-19 in the past 14 days?
***Close contact** includes one or more of the following:
 - You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more**
 - You provided care at home to someone who is sick with COVID-19**
 - You had direct physical contact with the person (hugged or kissed them)**
 - **Excluding field employees: if your client has confirmed or suspected COVID-19, contact your Supervisor to request additional PPE including a N95 respirator and face shield
 - You shared eating or drinking utensils
 - They sneezed, coughed, or somehow got respiratory droplets on you

If you answer Yes to one or more questions, contact your supervisor and do not report to work. If you develop one or more symptoms during your workday, you should contact your supervisor and leave work

immediately.

Employees who are sent home with symptoms should not return to work until they have met CDC's criteria to discontinue home isolation as follows:

If you have been in close contact with someone with COVID-19:

Anyone who has had **close contact** with someone with COVID-19 should stay home for 14 days after their last exposure to that person.

However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does **NOT** need to stay home.

- Someone who has been *fully vaccinated* and shows no symptoms of COVID-19. However, fully vaccinated people should get tested 3-5 days after their exposure, even they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.
- OR
- Someone who has COVID-19 illness within the previous 3 months **and**
- Has recovered **and**
- Remains without COVID-19 symptoms (for example, cough, shortness of breath)
-

If you think or know that you had COVID-19 AND you had symptoms:

You can be around others after:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

Note that these recommendations **do not** apply to people with severe COVID-19 or with weakened immune systems (immunocompromised).

If you tested positive for COVID-19 AND you did NOT have symptoms:

If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19. If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID-19, and I had symptoms."

Cooperative encourages every employee to get vaccinated [Visit CovidVaccine.MO.gov/](https://www.covidvaccine.mo.gov/) where you can learn more, schedule your vaccine, and register to win \$10,000 as a vaccine recipient!

Your Integrator,

KristyAnn



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