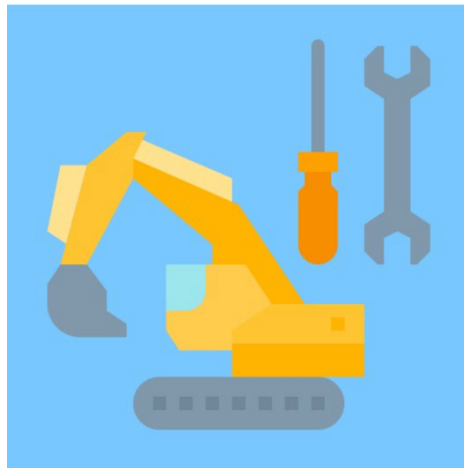


COVID-19

Prevention, Monitoring, and Management for Construction Settings

The purpose of this resource booklet is to educate construction managers and other managers of construction settings about COVID-19 and steps managers can take to prevent the spread of illness.



September 1, 2020

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Information used to create this document is from the Centers for Disease Control and Prevention (CDC) and the Occupational Safety and Health Administration (OSHA).

Guidance may change as we learn more.

Please check [tn.gov/health/cedep/ncov.html](https://www.tn.gov/health/cedep/ncov.html) or [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html) for the most up-to-date COVID-19 guidance.

COVID-19 Information

Background

COVID-19 is a respiratory illness caused by a new virus called SARS-CoV-2.

[Symptoms](#) often include a fever, cough, shortness of breath or difficulty breathing, chills, muscle pain or body aches, sore throat, fatigue, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or new loss of taste or smell.

Close contact with a coworker or member of the public, shared worker housing, and shared worker transportation vehicles present unique challenges for preventing and controlling the spread of COVID-19. Consistent application of specific preparation, prevention, and management measures can help reduce the risk of spreading COVID-19.

People may be exposed to COVID-19 through respiratory droplets in the air—for example, when others who have the virus cough, sneeze, or talk. Exposure could also occur when people have contact with contaminated surfaces or objects, such as tools, equipment, machinery, workstations, toilet facilities, or break room tables and then touch their own mouth, nose, or possibly their eyes. Contact with surfaces is not thought to be the main way the virus spreads, but we are still learning more about this virus and how it sickens people.

Terminology

Case: Someone with or without symptoms who tests positive for COVID-19.

Close Contact: Someone who has one or more of the following exposures with someone who has tested positive for COVID-19:

- Being within 6 feet of a sick person (or a person who tests positive for COVID-19) with COVID-19 for ~10 minutes or longer
- Being in direct contact with germs from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.)
- Living in the same household as a sick person with COVID-19
- Caring for a sick person with COVID-19

Social Distancing: Keeping at least 6 feet (about 2 arms' length) from other people.

Facial Covering: A cloth or surgical mask covering the mouth **and** nose.

Isolation: Separates and restricts the movement of cases with a contagious disease from people who are not sick and people in quarantine.

Quarantine: Separates and restricts the movement of people who were close contacts to a case with a contagious disease to see if they become sick.

General Infection Prevention and Control

All Employees Should Practice Good Hygiene

- Wash hands before and after work, at meal or snack time, after blowing their nose, smoking breaks, bathroom breaks, before putting on and after removing gloves, if worn, or any other time hands may become contaminated.
- Use alcohol-based (at least 60% alcohol) hand-rub if soap and water are not available.
- Explore alternative ways to promote hand hygiene if there is difficulty sourcing hand sanitizer and running water is not available on site. Some examples may include:
 - Install temporary or mobile handwashing stations, making sure there is an adequate supply of water, soap, and single-use paper towels.
 - Provide a large (5+ gallon) bucket with a lid and tap that can be used to provide water for handwashing. If this method is used, the water tap should be regularly cleaned and disinfected, and the contaminated wastewater must be collected and treated in accordance with local laws and environmental regulations. Provide fresh clean water daily.
 - Depending on the size or configuration of the job site, there may need to be multiple handwashing stations available to accommodate the workforce while maintaining social distancing, and stations may need to be restocked during the course of the day to maintain adequate handwashing supplies.
- Cover coughs and sneezes with elbow or a tissue.
 - Throw the tissue away after use.
 - Wash hands after handling or using a tissue.
- Avoid touching face, nose, eyes, and mouth.
- Avoid sharing work or leisure-time gear such as tools, gloves, and boots, as well as phones, other electronic devices, and other equipment.
 - If equipment is shared, disinfect with bleach water (1/3 cup of bleach to 1 gallon of water) between usage. Leave bleach solution on the equipment for at least 1 minute. Bleach solution is only good for 24 hours.

Have a Plan

- Identify [COVID-19 testing and assessment sites](#) near your area.
- Identify the nearest health care facility you can take your employees in case they get sick.
- Identify your [local health department](#). They will provide assistance if someone on your worksite becomes sick with COVID-19.
- Designate an individual or individuals who will be responsible for transporting ill workers, in case they need hospitalization.
- Actively encourage sick employees to stay home.
- Provide information on whom to contact if employees become sick. If an employee is confirmed to have COVID-19 infection, employers should inform fellow employees of their possible exposure to COVID-19 in the workplace but maintain confidentiality as required by the Americans with Disabilities Act (ADA).

Protect Employees

- Employees should stay home and not work if they have fever or respiratory symptoms.
- Employees should be screened daily for fever or COVID-19 symptoms (see [page 9](#)) before being transported or beginning work.
- Any employee with symptoms should be isolated from others, wear a facial covering and be evaluated by a healthcare provider.
- COVID-19 testing is available through numerous clinics and sites across the state. A list of COVID-19 assessment sites is available [here](#).
- Assess and identify opportunities to limit close contact with others (maintain a distance of at least 6 feet between people whenever possible), if feasible. This includes anyone else entering the construction worksite.
 - Limit the number of workers in small workspace areas such as job site elevators, trailers and vehicles, and spaces under construction if possible.
 - Identify choke points where workers are forced to stand together, such as hallways, hoists and elevators, ingress and egress points, break areas, and buses, and implement policies to maintain social distancing.
- Some employees may be at higher risk for severe illness, such as older adults and those with underlying medical conditions. Implement specific policies to minimize face-to-face contact for these employees or assign work tasks that allow them to maintain a distance

- For staff who are transported, try to limit the vehicle occupancy to 50% when possible. Rolling down windows to create more air flow is also advised.

Implement Safe Work Practices

- Adopt staggered work schedules, e.g., provide alternating workdays or extra shifts, to reduce the total number of employees on a job site at any given time and to ensure physical distancing. If possible, divide employees into two or three groups that will never overlap when at the construction site.
- Have each group come to work, clean workstations and tools before they finish their shift and leave 30 minutes to one hour in between shifts to ensure groups are not overlapping or meeting at any time during the day.
- Keep workers that live together and/or from the same family in the same workgroup/shift, when possible, so that people who sleep in the same room or family members will not be unnecessarily exposed.
- Keep in-person meetings (including toolbox talks and safety meetings) as short as possible, limit the number of workers in attendance, and use social distancing practices.
- Facial coverings, including cloth or surgical masks, should be worn whenever possible, especially in situations where social distancing is difficult.

Training

- All communication and training for workers should be easy to understand and should be provided in [languages](#) appropriate to the preferred languages spoken or read by those receiving the training, be at the appropriate literacy level, and include accurate and timely information about:
 - What COVID-19 is, signs and symptoms of COVID-19, how it spreads, risks for workplace exposures, and how workers can protect themselves.
 - Proper [handwashing](#) practices and use of hand sanitizer stations.
 - [Cough and sneeze etiquette](#).
 - Steps to take if they get sick.
 - Employer policies regarding COVID-19 (disinfection protocols, sick leave policies) and how employees should alert their supervisors if they are experiencing signs or symptoms of COVID-19 or if they have had recent close contact with a suspected or confirmed COVID-19 case.

- Their rights under the [Families First Coronavirus Response Act](#). **Employees will not be punished for reporting symptoms or not working due to COVID-19.**
 - Employers should not require a positive COVID-19 test result or a healthcare provider's note for employees who are sick to validate their illness, qualify for sick leave, or to return to work.
- Employers should consider placing simple posters at the entrance to the workplace and in break areas, employer furnished housing, and other workplace areas where they are likely to be seen. Posters should be in all the languages that are common in the worker population. CDC has free, simple [posters available to download](#) and print, some of which are translated into different languages.

Personal Protective Equipment (PPE)

- Stock up on supplies of tissues and hand sanitizer.
- Have facial coverings available on hand for people with symptoms and for situations where social distancing is difficult.
- Provide small individual trash bags or plastic-lined wastebaskets in your facility for used tissues and masks.
- Keep a supply of gloves for employees to use when picking up used tissues or emptying wastebaskets.
- In limited circumstances, including situations involving close contact (i.e., within 6 feet) with someone with suspected or confirmed COVID-19, respiratory protection may be needed and must be provided by the employer in accordance with the criteria below:
 - When respiratory hazards exist, employers must comply with OSHA's Respiratory Protection standard (29 CFR 1910.134). OSHA is providing enforcement flexibility under the standard, see enforcement memoranda.
 - When disposable respirators are used, employers must comply with the requirements of OSHA's Respiratory Protection standard (29 CFR 1910.134), including the requirement to train workers to don respirators before entry and to remove and properly dispose of respirators upon exit.

Cleaning and Disinfecting

- Ensure that all common areas within the facility, including at housing provided by the employer, follow good practices for environmental cleaning. Cleaning should be conducted in accordance with CDC recommendations.
- If possible, create a cleaning schedule that employees can follow in order to incorporate cleaning activities as part of their everyday schedule.
- Frequently clean and disinfect high-touch surfaces with approved cleaners:
 - www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html

Construction Work Tasks Associated with Exposure Risk Levels

Lower (caution)	Medium	High	Very High
<ul style="list-style-type: none"> ▪ Tasks that allow employees to remain at least 6 feet apart and involve little contact with the public, visitors, or customers. <p>Note: For activities in the lower (caution) risk category, OSHA's Interim Guidance for Workers and Employers of Workers at Lower Risk of Exposure may be most appropriate.</p>	<ul style="list-style-type: none"> ▪ Tasks that require workers to be within 6 feet of one another. ▪ Tasks that require workers to be in close contact (within 6 feet) with customers, visitors, or members of the public. 	<ul style="list-style-type: none"> ▪ Entering an indoor work site occupied by people such as other workers, customers, or residents suspected of having or known to have COVID-19, including when an occupant of the site reports signs and symptoms consistent with COVID-19. <p>Note: Employers may consider delaying this work following the guidance below.</p>	<ul style="list-style-type: none"> ▪ Category not applicable for most anticipated work tasks. <p>Note: Most construction work tasks are associated with no more than high exposure risk; see the work tasks associated with lower, medium, or high risk on this chart.</p>

Conducting a job hazard analysis can help you to determine whether work activities require close contact (within 6 feet) between workers and customers, visitors, or other members of the public. When a job hazard analysis identifies activities with higher exposure risks, and those activities are not essential, consider delaying them until they can be performed safely (e.g., when appropriate infection prevention measures can be implemented or once community transmission subsides).

Monitor Your Employees for Symptoms

People with COVID-19 have had a wide range of symptoms reported varying from no symptoms to mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.**

People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Congestion or runny nose
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- New loss of taste or smell
- Nausea or vomiting
- Diarrhea

If a person is over age 60 or has underlying medical problems such as diabetes, heart disease, lung disease, or a weakened immune system, they may be more likely to get COVID-19 and suffer more problems from the illness.

What To Do When an Employee Gets Sick

Employees with Symptoms

If an employee is showing COVID-19 symptoms, a mask should be placed on them and they should be placed in isolation. Symptomatic employees should be tested for COVID-19 as soon as possible. A list of testing sites can be accessed [here](#).

If employees need medical care, refer them to a healthcare provider.

Notify the healthcare provider of symptoms before arriving at the office.

If you have trouble finding a health care facility where you can take your employee, contact your local health department for assistance. You can find a list of the local and regional Tennessee health departments [here](#).

Educate employees about their rights under the [Families First Coronavirus Response Act](#).

Public Health should be notified of a case of COVID-19 cases. The local/regional health department in which the facility is located should be notified (list can be accessed [here](#)). Alternatively, TDH Central Office can be contacted at 615-741-7247.

When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

Contact Tracing

Employees

Ill employees will be interviewed by public health staff to see who they had close contact with in the 48 hours before their symptoms started (or if someone without symptoms tests positive, use the date tested). This information will show who may need to be quarantined.

If an employee tests positive for COVID-19, the facility should work with their local health department to identify who slept in the same room, shared a bathroom, or had other close contact with the employee during the 48 hours before symptoms started (or if someone without symptoms tests positive, use the date tested) up until the time they were isolated.

All individuals with close contact need to be quarantined for 14 days after last contact with the employee who tested positive for COVID-19.

Close Contacts

As soon as they are identified, share the close contact [fact sheet](#) with people who are identified as close contacts. All close contacts require quarantine for 14 days since they last saw the case.

Public health can help you develop a comprehensive list of all close contacts of positive employees and determine if any of the contacts have COVID symptoms.

See more information in the [Guidelines for Isolation and Quarantine](#).

Close contact includes:

- Being within 6 feet of a sick person with COVID-19 for ~10 minutes or longer
- Being in direct contact with germs from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.)
- Living in the same household as a sick person with COVID-19
- Caring for a sick person with COVID-19

Cases, Contacts and Well Employees

Isolation and quarantine help protect those who are well by preventing spread of germs from people who have or may have a contagious disease.

- **Isolation** separates and restricts the movement of **cases** with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were close **contacts** to a case with a contagious disease to see if they become sick.

Isolation of Cases

Employees Who Test Positive

Construction managers or others in charge should notify the local health department immediately if employees exhibit COVID-19 symptoms and/or test positive for COVID-19.

Any employee who tests positive for COVID-19 should stop working immediately, whether they have symptoms or not.

Release from Isolation

Cases with symptoms should remain isolated at home for a minimum of 10 days. If the employee is still ill after 10 days, they should isolate until they are feeling well without fever (without the use of medications to stop a fever) for 24 hours.

For example: If a case started feeling better on day 6, he or she would be released for isolation on day 10. If the case did not start feeling better until day 12, then he/she would be released on day 12.

Cases without symptoms should remain isolated for 10 days from the day that they were tested. If symptoms develop, they should follow the recommendation above.

These recommendations from the CDC may change but are updated at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>.

Any case under isolation who tests negative for COVID-19 will remain in isolation a minimum of 10 days, including feeling well for a minimum of 24 hours before being released. Employees needing follow-up medical care should go to the nearest healthcare facility.

Employees Who Refuse to Comply

In the event that an employee refuses to remain in isolation and/or to comply with infectious disease control procedures, and the employee is either diagnosed with or symptomatic for COVID-19, the local health department and construction managers or others in charge should be immediately notified for guidance to protect others.

Quarantine of Contacts

Release From Quarantine

Contacts should remain quarantined at home for 14 days from the date of last interaction with the case while the case was ill. If the case has no symptoms, contacts must quarantine for 14 days after the case was tested.

For example: A close contact of a case without symptoms can be released on day 14 since the date the case was tested. A close contact of a case with symptoms must be quarantined for 14 days from the date of last contact with the case while the case was ill.

Employees Who Develop Symptoms

If a contact develops illness, they become a case. A facial covering should be placed on them and they should be transferred to the area where other cases are in isolation. Contacts who develop symptoms should be tested for COVID-19 as soon as possible. A list of testing sites can be accessed [here](#).

Resources

Tennessee Department of Health

- [Use of Personal Protective Equipment by Non-Medical Personnel](#)
- Testing/Close Contact Guidance
 - [What to Expect After Being Diagnosed](#)
 - [What to Expect If You Were Possibly Exposed](#)
 - [What to Expect After Being Tested](#)
 - [What To Do If You Test Negative](#)

Occupational Safety and Health Administration (OSHA)

- [COVID-19 Control and Prevention – Construction Work / \(Spanish\)](#)
- [OSHA One Pager: COVID-19 Guidance for the Construction Workforce](#)

The Center for Construction Research and Training and North America's Building Trades Unions

- [Standards for U.S. Construction Sites](#)

Construction Industry Alliance for Suicide Prevention (CIASP)

- [Toolbox Talk: Mental Health Concerns Related to COVID-19](#)

Centers for Disease Control and Prevention

- [What Construction Workers Need to Know About COVID-19 / \(Spanish\)](#)
- [Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19](#)

Office of the Governor

- [Tennessee Pledge](#): A plan to help Tennesseans return to work in a safe environment, restore their livelihoods and reboot our state's economy.
- [Construction Worksite Guidelines / \(Spanish\)](#)

COVID-19 Daily Monitoring Sheet

Date: _____

Name: _____

Date of birth: _____

Temperature: _____

Do you have any of these?

Fever



Cough



Difficulty breathing



Sore throat



Diarrhea



Other



Please specify other symptoms: _____

Thank you!







Monitoreo Diario de COVID-19

Fecha: _____

Nombre: _____ Fecha de nacimiento: _____

Temperatura: _____

Tiene uno de los siguientes síntomas?

- Fiebre 
- Tos 
- Dificultad para respirar 
- Dolor de garganta 
- Diarrea 
- ¿Otros? 

Favor de especificar los otros síntomas: _____

¡Gracias!



If you have been diagnosed with COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others:

Communicate with Public Health

- After your diagnosis, you will receive a call from public health. It may take a few days for public health officials to contact you, and they will ask about your activities before and after you became ill.

Isolate Yourself

- You should strictly isolate yourself at home for at least 10 days after you became ill, and you should be feeling well (and without fever) for at least 24 hours before resuming normal activities.
- Other members of your household should also stay home, and no visitors should be allowed.
- Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available. Household contacts can consider relocating to a separate, uninhabited housing location if available to decrease their risk of exposure.
- Where possible, ask others such as friends or family, to get food or necessities for you.
- If you must leave home, such as to seek medical care, wear a face covering if you have one.

Inform Your Close Contacts

- Your close contacts will also need to stay home for 14 days after their last contact with you.
- Close contacts include anyone that you were within 6 feet of for >10 minutes while feeling ill.
- Please share this resource with your contacts for additional information:
www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/CloseContactGuidance.pdf

Monitor Your Health

- There is no specific treatment for COVID-19. Get plenty of rest, stay hydrated and, if needed, take medication to reduce your fever.

Arrange for Care

- If your symptoms get worse and you need to seek healthcare, call ahead and tell the provider that you have been diagnosed with COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Practice Healthy Habits

- Wear a cloth face covering in public settings where social distancing is difficult.
- Cover your cough or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for ≥ 20 seconds, or use alcohol-based hand rub.
- Clean and disinfect objects and surfaces regularly, including your phone.

Returning to Regular Activities

- Once you've completed your isolation period at home (minimum of 10 days, with at least 24 hours of feeling well), you can return to your regular activities.
- You do not need to be retested in order to resume your regular activities. This recommendation is consistent with CDC's [Symptom Based Strategy](#).
- CDC does **not** recommend retesting within 3 months after the first day you became ill from the initial COVID-19 infection: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

Learn More

- Tennessee Department of Health: www.tn.gov/health/cedep/ncov
- Centers for Disease Control and Prevention: www.cdc.gov/coronavirus/2019-ncov



Si ha sido diagnosticado de COVID-19, siga los siguientes pasos para dar seguimiento a su estado de salud y evitar la propagación de la enfermedad:

Comuníquese con el departamento de salud pública

- Después de su diagnosis, recibirá una llamada por parte de funcionarios de salud pública. Puede que estos tarden varios días en ponerse en contacto. Le preguntarán sobre sus actividades antes y después de enfermarse.

Aíslese

- Debe aislarse rigurosamente en su hogar por al menos 10 días después de enfermarse, y esperar a que se sienta bien (y no tenga fiebre) por al menos 24 horas antes de proseguir con sus actividades habituales.
- Todas las personas con las que convive también deberán permanecer en el hogar y no se deberán permitir visitas.
- Permanezca en la misma habitación, lo más alejado posible de otras personas que habiten en su hogar. Use un baño aparte, de ser posible. Las personas con las que convive podrán mudarse a otro alojamiento que se encuentre vacío, de tener uno disponible, para reducir su riesgo de contagio.
- De ser posible, pídale a sus familiares o amigos que le traigan comida u otras cosas que necesite.
- Si debe salir de su hogar, como por ejemplo para recibir atención médica, póngase un cubrebocas si tiene uno.

Notifique a sus contactos cercanos

- Las personas con las que ha tenido contacto cercano también tendrán que permanecer en sus hogares durante 14 días después de su más reciente contacto con usted.
- Los contactos cercanos incluyen todas las personas que estuviesen a menos de 6 pies (2 metros) de distancia de usted por más de 10 minutos mientras usted se sentía enfermo.
- Para más información, favor de compartir el siguiente recurso con sus contactos:
 - www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/What-to-Expect-If-Exposed-Spanish.pdf
 - En inglés www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/CloseContactGuidance.pdf

Dé seguimiento a su estado de salud

- No existe tratamiento específico para COVID-19. Se debe descansar mucho, mantenerse hidratado y, de ser necesario, tomar medicamentos para reducir la fiebre.

Coordine su atención médica

- Si sus síntomas empeoran y necesita atención médica, llame primero e infórmele al personal médico que usted ha sido diagnosticado de COVID-19. Este dato ayudará al consultorio médico a tomar medidas para evitar que otras personas se contagien o sean expuestas al virus.

Desarrolle hábitos saludables

- Tápese la cara con una cubierta de tela cuando se encuentre en espacios públicos donde sea difícil mantener las medidas de distanciamiento social.
- Cúbrase la boca al toser o estornudar con la parte interior del codo o un pañuelo.
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos o con desinfectante para manos a base de alcohol.
- Limpie y desinfecte objetos y superficies con regularidad, inclusive su teléfono.

Regreso a sus actividades habituales

- Una vez que haya terminado su período de aislamiento en casa (por un mínimo de 10 días, después de al menos 24 horas de sentirse bien), podrá reanudar sus actividades habituales.
- No es necesario que se haga más pruebas para retomar sus actividades habituales. Esta recomendación concuerda con la [Estrategia basada en la presentación de síntomas](#) de los CDC.
- Los CDC **no** recomiendan volver a realizar pruebas dentro de los 3 meses posteriores al primer día en que estuvo enfermo/a debido a la infección inicial de COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

Para más información: La información puede cambiar a medida que aprendemos más. Por favor consulte www.tn.gov/health/cedep/ncov o Centros para el Control y la Prevención de Enfermedades www.cdc.gov/coronavirus/2019-ncov para obtener la información más actualizada sobre COVID-19.



What to Expect If You Were Possibly Exposed to COVID-19

If you have been exposed to someone with COVID-19,
follow the steps below to monitor your health and avoid spreading the disease to others:

How do I know if I was exposed?

You generally need to be in close contact with a sick person to get infected. Close contact includes:

- Living in the same household as a sick person with COVID-19
- Caring for a sick person with COVID-19
- Being within 6 feet of a sick person with COVID-19 for about 10 minutes or longer
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.)

Communicate with Public Health

- You may receive a call from public health if you have been in close contact with someone with COVID-19. They will explain quarantine guidance and answer any questions you have.
- If you have any additional questions, contact your local health department.

Quarantine Yourself

- You should stay home for 14 days after your last contact with the person with COVID-19. If your contact is a household member, you may need to stay home for longer.
- Do not go to work or school, and avoid public places for 14 days.
- If possible, get others such as friends or family, to drop off food or other necessities.

Monitor Your Health

- Watch for **fever, cough and shortness of breath** during the 14 days after the last day you were in close contact with the person with COVID-19.
- **If you develop these symptoms within 14 days of last contact with a person with COVID-19**, you may have COVID-19.
- If your symptoms are mild, stay home and monitor your health. If you need medical assessment, call the health clinic or hospital before you arrive and tell the provider that you are a contact to a person who was diagnosed with COVID-19.

Practice Healthy Habits

- Follow all the appropriate social distancing recommendations.
- Wear a cloth face covering in public settings where other distancing measures are difficult to maintain.
- Cover your cough or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Clean and disinfect objects and surfaces regularly, including your phone.

Exceptions for Critical Infrastructure Employees:

- If you are a [critical infrastructure employee](#), you may be permitted to continue to work following potential exposure, provided that you are asymptomatic and adhere to [specific practices](#) to actively assess your health each day and protect others.

Learn More

- Guidance may change as we learn more. Please check <http://www.tn.gov/health/cedep/ncov> for the most up-to-date guidance about COVID-19.



Si ha estado expuesto a alguien que ha contraído COVID-19,
siga los siguientes pasos para dar seguimiento a su estado de salud y evitar la propagación de la enfermedad:

¿Cómo puedo saber si he estado expuesto?

Por lo general, se necesita estar en contacto cercano con una persona enferma para contagiarse con la enfermedad. El contacto cercano incluye:

- Compartir un hogar con una persona enferma de COVID-19.
- Cuidar a una persona enferma de COVID-19.
- Permanecer a menos de 6 pies (2 metros) de una persona enferma con COVID-19 por 10 minutos o más.
- Estar en contacto directo con las secreciones de una persona enferma de COVID-19 (por ejemplo, estar expuesto a su tos, darse besos, compartir utensilios, etc.)

Comuníquese con el departamento de salud pública

- Puede que reciba una llamada por parte de funcionarios de salud pública si ha estado en contacto cercano con alguien que padezca de COVID-19. Ellos le explicarán las recomendaciones de cuarentena y contestarán sus preguntas.
- Si tiene alguna otra pregunta, pónganse en contacto con su departamento de salud local.

Entre en cuarentena

- Deberá permanecer en su hogar durante 14 días después de su más reciente contacto con una persona que tenga COVID-19. Si usted y su contacto habitan en el mismo hogar, puede que tenga que permanecer en casa por más tiempo.
- No asista al trabajo o a la escuela, y evite lugares públicos por 14 días.
- De ser posible, pídale a sus familiares o amigos que le traigan comida u otras cosas que necesite.

Dé seguimiento a su estado de salud

- Esté pendiente de síntomas de **fiebre, tos y dificultad para respirar** durante los 14 días después de estar en contacto cercano con una persona que padece de COVID-19.
- **Si desarrolla estos síntomas en los 14 días siguientes a su contacto más reciente con la persona que padece de COVID-19**, puede que se haya contagiado.
- Si sus síntomas son leves, permanezca en casa y de seguimiento a su estado de salud. Si necesita una evaluación médica, llame al consultorio médico u hospital de antemano e infórmele al personal médico que estuvo en contacto con una persona que ha sido diagnosticada de COVID-19.

Desarrolle hábitos saludables

- Acate todas las recomendaciones de distanciamiento social pertinentes.
- Tápese la cara con una cubierta de tela cuando se encuentre en espacios públicos donde sea difícil mantener las medidas de distanciamiento social.
- Cúbrase la boca al toser o estornudar con la parte interior del codo o un pañuelo.
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos. Si no hay agua y jabón disponibles, use desinfectante para manos a base de alcohol.
- Limpie y desinfecte objetos y superficies con regularidad, inclusive su teléfono.

Excepciones para empleados de infraestructura crítica:

- Si usted es [empleado de alguna infraestructura crítica](#), se le permitirá que continúe su trabajo siempre y cuando no tenga síntomas y cumpla con las [prácticas pertinentes](#) para evaluar de forma activa su estado de salud a diario y así proteger a otras personas.

Para más información:

- La información puede cambiar a medida que aprendemos más. Por favor consulte www.tn.gov/health/cedep/ncov para obtener la información más actualizada sobre COVID-19.



If you have been tested for COVID-19,
follow the steps below to monitor your health and avoid spreading the disease to others:

Communicate with Public Health

- You will be notified with your results as soon as possible.

Monitor Your Health

Review the common COVID-19 symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Nausea
- Diarrhea

If you have any symptoms OR had close contact with someone with COVID-19:

- You **must isolate yourself while awaiting results.**
- Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available. Household members can consider staying in a separate location to decrease their risk of exposure.
- If possible, get others such as friends or family, to drop off food or other necessities.
- Get plenty of rest, stay hydrated and, if needed, take medication to reduce your fever.
- If your symptoms get worse and you need medical assessment, call the health clinic or hospital before you arrive and tell the provider that you have been tested for COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Everyone is strongly encouraged to stay home and monitor for symptoms while waiting for results:

- If you develop any symptom(s) while waiting for your results, **you must isolate yourself.**
 - If your symptoms are mild, stay home and monitor your health.
 - If you need medical assessment, call the health clinic or hospital before you arrive and tell the provider that you have been tested for COVID-19.

Practice Healthy Habits

- Wear a cloth face covering.
- Cover your cough or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for ≥ 20 seconds, or use alcohol-based hand rub if soap and water are not available.
- Clean and disinfect objects and surfaces regularly, including your phone.

Learn More Online

- <http://tn.gov/health/cedep/ncov> or <http://www.cdc.gov/coronavirus/2019-ncov>



Si se ha hecho la prueba de la COVID-19, siga los pasos a continuación para dar seguimiento a su estado de salud y evitar la propagación de la enfermedad:

Comuníquese con el departamento de salud pública

- Alguien se pondrá en contacto con usted sobre sus resultados tan pronto como sea posible.

Dé seguimiento a su estado de salud

Repase los síntomas comunes de COVID-19:

- Tos
- Falta de aire o dificultad para respirar
- Fiebre
- Escalofríos
- Escalofríos persistentes
- Dolores musculares
- Dolor de cabeza
- Dolor de garganta
- Pérdida del sentido del gusto o del olfato
- Náusea
- Diarrea

Si tiene algún síntoma o ha estado en contacto cercano con alguien que padezca de COVID-19:

- **Debe aislarse mientras espera sus resultados.**
- Permanezca en una sola habitación, lo más alejado posible de otras personas que habiten en su hogar. Use un baño aparte, de ser posible. Las personas con las que convive pueden considerar hospedarse en otro lugar para reducir su riesgo de contagio.
- De ser posible, pídale a sus familiares o amigos que le traigan comida u otras cosas que necesite.
- Se debe descansar mucho, mantenerse hidratado y, de ser necesario, tomar medicamentos para reducir la fiebre.
- Si sus síntomas empeoran y necesita una evaluación médica, llame al consultorio médico u hospital de antemano e infórmele al personal médico que se ha hecho la prueba de COVID-19. Este dato ayudará al consultorio médico a tomar medidas para evitar que otras personas se contagien o sean expuestas al virus.

Se recomienda encarecidamente que todos se queden en casa y se mantengan alertas ante estos síntomas mientras esperan sus resultados:

- Si desarrolla algún síntoma(s) mientras espera sus resultados, **debe aislarse.**
 - Si sus síntomas son leves, permanezca en casa y dé seguimiento a su estado de salud.
 - Si necesita una evaluación médica, llame al consultorio médico u hospital de antemano e infórmele al personal médico que estuvo en contacto con una persona que se ha hecho la prueba de COVID-19.

Desarrolle hábitos saludables

- Use un tapabocas o cubierta de tela sobre su cara.
- Cúbrase la boca al toser o estornudar con la parte interior del codo o un pañuelo.
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos o con desinfectante para manos a base de alcohol, si no hay agua y jabón disponibles.
- Limpie y desinfecte objetos y superficies con regularidad, inclusive su teléfono.

Para más información: La información puede cambiar a medida que aprendemos más. Por favor consulte www.tn.gov/health/cedep/ncov para obtener la información más actualizada sobre COVID-19.



If you have tested negative (or “not detected”) for COVID-19,
learn how to monitor your health and protect others:

Have you been around anyone who has COVID-19?

If you live with, care for, or have recently spent time around someone diagnosed with COVID-19:

Quarantine Yourself

- You should stay home for 14 days after your last contact with the person with COVID-19.
- Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available.
- * If you are considered an essential worker, you may be allowed to work during your quarantine period while wearing a mask at all times.

Monitor Your Health

- If you are not sick, watch for fever, cough and shortness of breath.
- If you have fever, cough or shortness of breath, you may have COVID-19.
- If your symptoms are mild, stay home and monitor your health. If you need medical assessment, call the health clinic or hospital before you arrive and tell the provider that you are a contact to a person who was diagnosed with COVID-19.

Are you sick?

If you have a fever, cough, shortness of breath or other symptoms:

Isolate Yourself

- You should strictly isolate yourself at home.
- Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available. Household members can consider staying in a separate location, if available, to decrease their risk of exposure.

Monitor Your Health

- Get plenty of rest and stay hydrated.
- If needed, take over-the-counter medication to reduce your fever or relieve your symptoms.
- If your symptoms get worse and you need to seek healthcare, call ahead and tell the provider your symptoms.

If you are not sick and have not come into contact with anyone with COVID-19...

Protect Yourself and Others

- Follow all the appropriate social distancing recommendations.
- Wear a cloth face covering if in public settings where other social distancing measures are difficult to maintain.
- Wash your hands often with soap and water for at least 20 seconds, or use alcohol-based hand rub if soap and water are not available.
- Clean and disinfect objects and surfaces regularly, including your phone.
- Cover your cough or sneeze into your elbow or a tissue.
- If you develop symptoms or have additional concerns about your health, contact your healthcare provider.

Learn More: Guidance may change as we learn more. Please check
<http://www.tn.gov/health/cedep/ncov> for the most up-to-date guidance about COVID-19.

Si ha obtenido un resultado negativo (o de “no detectado”) en la prueba de la COVID-19, aprenda a dar seguimiento a su estado de salud y proteger a otras personas:

¿Ha estado cerca de alguna persona que tenga COVID-19?

Si convive, cuida o recientemente haya pasado tiempo cerca de alguien que haya sido diagnosticado de COVID-19:

Entre en cuarentena

- Deberá permanecer en su hogar durante 14 días después de su más reciente contacto con una persona que tenga COVID-19.
- Permanezca en la misma habitación, lo más alejado posible de otras personas que habiten en su hogar. Use un baño aparte, de ser posible.
- * Si se le considera un trabajador esencial, puede que se le permita trabajar durante su cuarentena, pero deberá usar una mascarilla en todo momento.

Dé seguimiento a su estado de salud

- Si no se siente enfermo, esté pendiente de síntomas de fiebre, tos y dificultad para respirar.
- Si tiene fiebre, tos o dificultad para respirar, puede que tenga COVID-19.
- Si sus síntomas son leves, permanezca en casa y dé seguimiento a su estado de salud. Si necesita una evaluación médica, llame al consultorio médico u hospital de antemano e infórmele al personal médico que estuvo en contacto con una persona que ha sido diagnosticada de COVID-19.

¿Está enfermo?

Si tiene fiebre, tos, dificultad para respirar u otros síntomas:

Aíslese

- Deberá aislarse rigurosamente en su hogar.
- Permanezca en una sola habitación, lo más alejado posible de otras personas que habiten en su hogar. Use un baño aparte, de ser posible. Las personas con las que convive podrán hospedarse en otro lugar, de haberlo, para reducir su riesgo de contagio.

Dé seguimiento a su estado de salud

- Descanse mucho y manténgase hidratado.
- De ser necesario, tome medicamentos sin receta para reducir la fiebre o aliviar sus síntomas.
- Si sus síntomas empeoran y necesita atención médica, llame primero e infórmele al personal médico que tiene síntomas.

Si no está enfermo y no ha tenido contacto con nadie que tenga COVID-19...

Protéjase a sí mismo y a otros

- Acate todas las recomendaciones de distanciamiento social pertinentes.
- Tápese la cara con una cubierta de tela cuando se encuentre en espacios públicos donde sea difícil mantener las medidas de distanciamiento social.
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos o con desinfectante para manos a base de alcohol, si no hay agua y jabón disponibles.
- Limpie y desinfecte objetos y superficies con regularidad, inclusive su teléfono.
- Cúbrase la boca al toser o estornudar con la parte interior del codo o un pañuelo.

Para más información: La información puede cambiar a medida que aprendemos más. Por favor consulte www.tn.gov/health/cedep/ncov para obtener la información más actualizada sobre COVID-19.

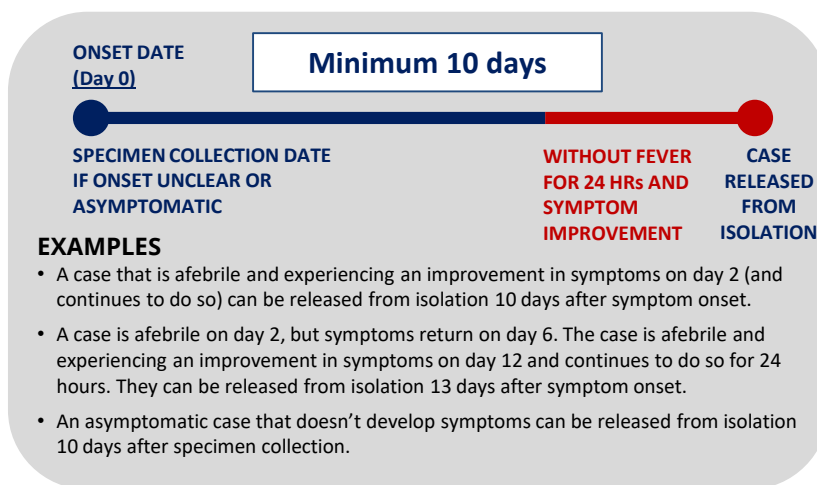
CASES

Must be isolated for a **minimum** of 10 days after onset and can be released after they are without fever for 24 hours (without fever-reducing medication) and show improvement in symptoms. Some severely ill patients will need to be isolated for at least 20 days.

Asymptomatic cases must be isolated for 10 days after their specimen collection date.

Notes:

- Lingering cough should not prevent a case from being released from isolation.
- If a follow-up PCR test is positive, cases do not need to re-enter isolation as long as they have completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.
- If a case has been released from isolation and symptoms return, individuals do not need to re-enter isolation as long as they have completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.



HOUSEHOLD CONTACTS

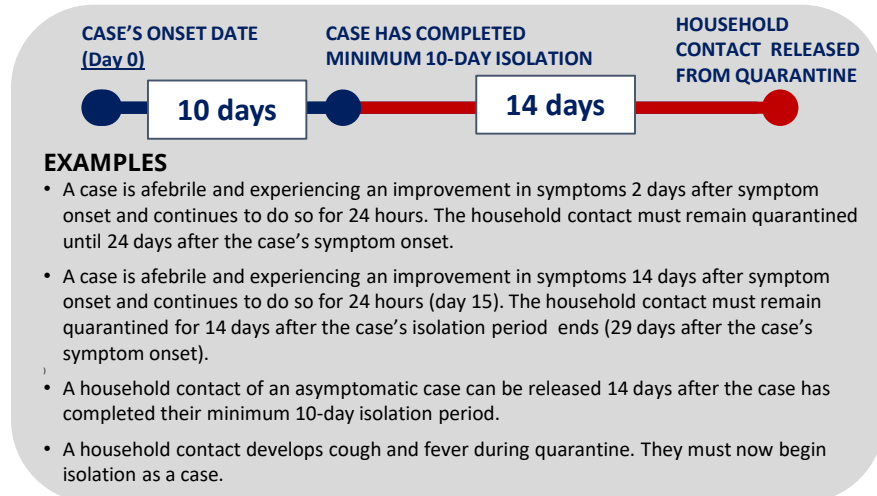
A household contact is an individual who shares any living spaces with a case. This includes bedrooms, bathrooms, living rooms, kitchens, etc.

Household contacts must be quarantined for 14 days after the case has completed their (minimum) 10-day isolation period (whether the case is symptomatic or not)*.

If a household contact develops symptoms of COVID-19, they become a case. They should begin isolation as a case and consider getting tested.

*If the case can separate from household members for their entire isolation, household members may be treated as non-household contacts and begin quarantine after their last close contact with the case. To be considered a non-household contact:

- The case must never be in the same room as household members.
- The case cannot share plates, cups, dishes or phones with others.
- The case should have their own bathroom. If that isn't possible, the household must conduct daily cleaning.



Notes:

- Household contacts will often need to remain at home longer than the initial case.
- If a case has been released from isolation and symptoms return, household contacts do not need to restart the 14-day period as long as the case has completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.

NON-HOUSEHOLD CONTACTS

Must be quarantined for 14 days after the date of last exposure* to the case, regardless of whether the case was symptomatic.



*Exposure means contact with a case during the time period **beginning two days prior to case's symptom onset** (or specimen collection date if case is asymptomatic) through the end of the case's isolation period.

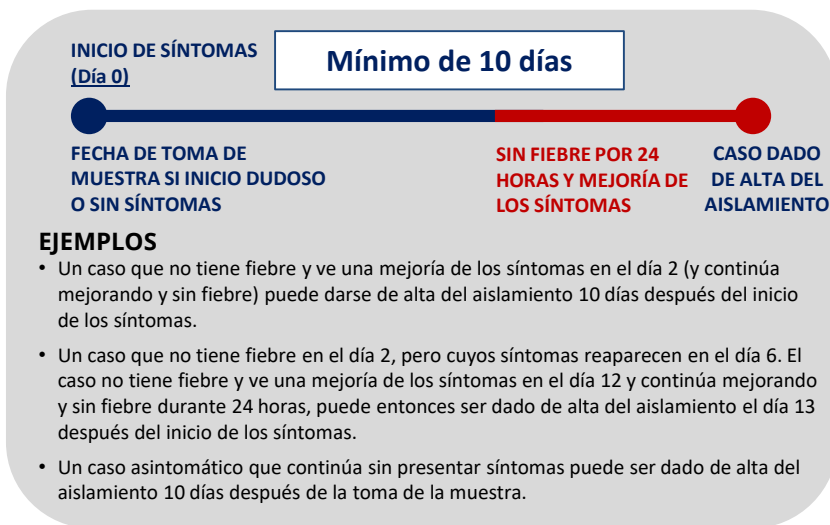
CASOS

Deben estar aislados durante un **mínimo** de 10 días después del inicio de los síntomas y pueden darse de alta después de que hayan estado 24 horas sin fiebre (sin el uso de medicamentos para reducir la fiebre) y muestren mejoría de los síntomas. Algunos pacientes gravemente enfermos tendrán que estar aislados durante un mínimo de 20 días.

Los casos asintomáticos deben estar aislados durante 10 días después de que se les tome la muestra.

Notas:

- Una tos que perdura no es razón para no dar de alta a un caso en aislamiento.
- Si una prueba PCR (por sus siglas en inglés) de seguimiento resulta positiva, los casos **no** tienen que aislarse de nuevo siempre que ya hayan cumplido el mínimo de 10 días de aislamiento y que sus síntomas hayan cesado durante al menos 24 horas.
- Si un caso **ha sido dado de alta** del aislamiento y los síntomas aparecen de nuevo, **no** tiene que aislarse de nuevo siempre que ya haya cumplido el mínimo de 10 días de aislamiento y que sus síntomas hayan cesado durante al menos 24 horas.



CONTACTOS DOMÉSTICOS

Un contacto doméstico es una persona que comparte cualquier habitación con un caso, lo cual puede ser: dormitorio, baño, sala de estar, cocina, etc.

Los contactos domésticos **deben** permanecer en cuarentena durante 14 días después de que el caso haya completado el período de aislamiento mínimo de 10 días (ya sea que el caso tenga síntomas o no)*.

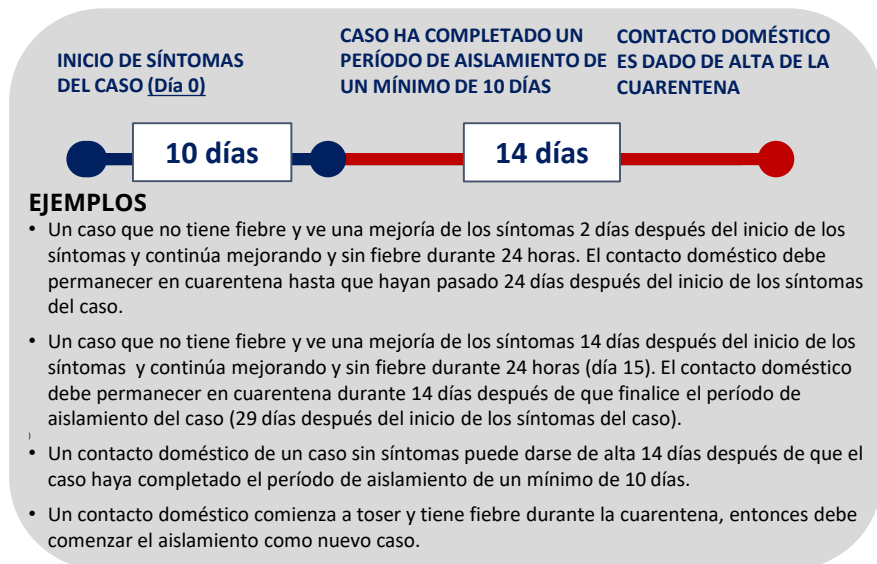
Si un contacto doméstico presenta síntomas de COVID-19, se convierte en un caso, debe comenzar el aislamiento como caso aparte y considerar hacerse la prueba.

*Si el caso puede mantenerse aislado de los miembros del hogar durante todo el aislamiento, los miembros del hogar pueden ser tratados como contactos no domésticos y comenzar la cuarentena a partir de su **último** contacto cercano con el caso. Para ser considerado contacto no doméstico:

- El caso nunca puede estar en la misma habitación con los demás miembros del hogar.
- El caso no puede compartir platos, tazas, vajilla o teléfonos con los demás.
- El caso debe tener su propio baño. Si esto no fuera posible, se deben realizar limpiezas diarias en el hogar.

CONTACTOS NO DOMÉSTICOS

Deben estar en cuarentena 14 días después de la última fecha de haber estado expuestos* al caso, ya sea que el caso tenga síntomas o no.



Notas:

- A menudo los contactos domésticos tendrán que quedarse en casa más tiempo que el caso inicial.
- Si un caso ha sido dado de alta del aislamiento y los síntomas aparecen de nuevo, los contactos domésticos **no** tienen que comenzar la cuarentena de 14 días de nuevo siempre que el caso ya haya cumplido el mínimo de 10 días de aislamiento y que sus síntomas hayan cesado durante al menos 24 horas.



*Estar expuesto significa estar en contacto con un caso durante el período que comienza **dos días antes del inicio de los síntomas del caso** (o de la fecha de obtención de la muestra si el caso no tenía síntomas) hasta el final del período de aislamiento del caso.