

# What to Do if Your Employee May Have Been Exposed to COVID-19



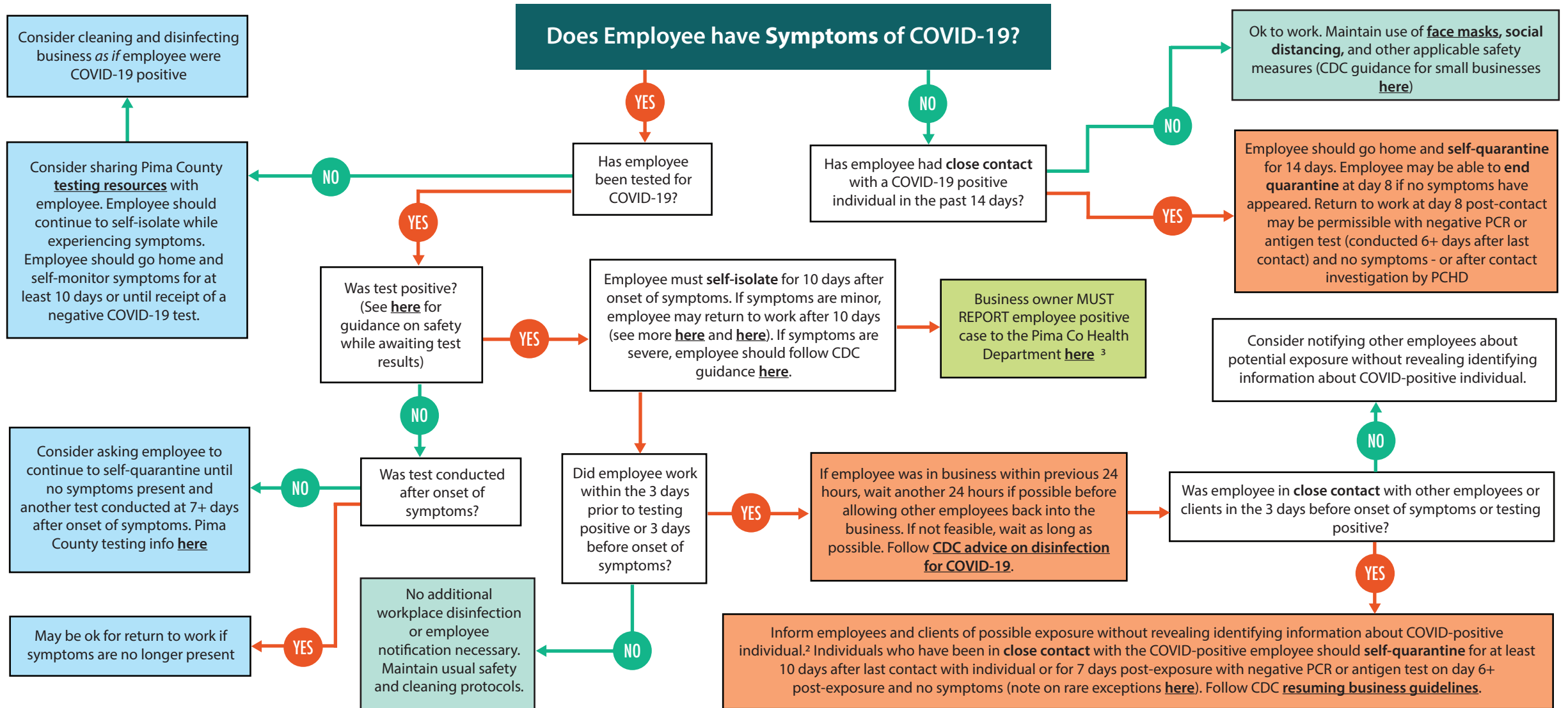
TU TRABAJO NO TE DEBE DAÑAR  
YOUR JOB SHOULDN'T HURT YOU



EL RIO HEALTH



THE UNIVERSITY OF ARIZONA  
Mel & Enid Zuckerman  
College of Public Health



## Key Terms

### Symptoms of COVID-19

Symptoms may include some, all, or none of the following: Fever/ 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 (more info [here](#))

### Close Contact

For COVID-19 exposure, "close contact" is defined as spending 15 minutes or more within 6 feet (about two arms' lengths) of another individual over the course of 24 hours (these 15 minutes may not be consecutive). If someone has coughed or sneezed directly on you, even if you have spent fewer than 15 minutes with them, this is also "close contact."

### Social Distancing

Remaining at least 6 feet (about two arms' lengths) away from individuals from outside your immediate household at all times

### Self-Quarantine

Remaining at home with only members of your immediate household

### Self-isolation

Remaining at home with no contact with others even in your immediate household

<sup>1</sup> Note that an employer cannot require an employee to produce a negative COVID-19 test as a condition of return to work

<sup>2</sup> Note that you may be contacted by the Pima County Health Department to assist in contact tracing.

<sup>3</sup> <https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=569983>

All guidance here adapted from Centers for Disease Control & Pima County Health Department. See additional CDC guidance and FAQs for small businesses.

More information on employer and employee legal rights and responsibilities during COVID-19 can be found [here](#).