The following COVID protocols are from the CDC, many of them having to do with employer/employee situations. Northwest Hills UMC asks all paid staff and unpaid volunteers to observe these protocols.

Symptoms

COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

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

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

When should an employee suspected or confirmed to have COVID-19 return to work?

Sick employees should follow steps to prevent the spread of COVID-19 if you are sick. Employees should not return to work until they meet the criteria to discontinue home isolation and have consulted with a healthcare provider and state or local health department.

Employers should not require sick employee to provide a negative COVID-19 test result or healthcare provider's note to return to work.

When can I return to work after having COVID (or positive test)?

At least 10 days and up to 20 days have passed since symptoms first appeared. At least 24 hours have passed since last fever without the use of fever-reducing medications and symptoms (e.g., cough, shortness of breath) have improved.

How long do I need to quarantine if I was exposed to the coronavirus disease?
It can take up to 14 days after exposure to the virus for a person to develop COVID-19 symptoms. A negative result before end of the 14-day quarantine period does not rule out possible infection.

What should be done if an employee tests positive for COVID-19?
If an employee is confirmed to have COVID-19, 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). Those who have symptoms should self-isolate and follow CDC recommended steps.

In most workplaces, those potentially exposed but with no symptoms should remain at home or in a comparable setting and practice social distancing for 14 days.

What should I do if I tested positive for COVID-19 but have no symptoms?
If you continue to have no symptoms, you can be with others after 10 days have passed since the date you had your positive test.

Can you still test positive for COVID-19 If you no longer have symptoms?
If you have recovered from your symptoms after testing positive for COVID-19, you may continue to test positive for three months or more without being contagious to others. For this reason, you should be tested only if you develop new symptoms of possible COVID-19.