

Public Health Statement for Medical Absence

Maricopa County Department of Public Health recommends all employees/students/daycare attendees who have symptoms consistent with COVID-19. The following symptoms could be associated with COVID-19: fever, cough, difficulty breathing or shortness of breath, chills, repeated shaking with chills, sore throat, muscle/body aches, headache, and new loss of taste/smell fever*, cough, runny nose, shortness of breath, or other respiratory symptoms stay home and not return to work/school/daycare until they have met the MCDPH isolation guidance recommendations. Chronic medical conditions like allergies or controlled asthma do not require exclusion from work/school/daycare.

This recommendation applies regardless of whether the individual has been tested for COVID-19 or not, and is advised to reduce overall risk of transmission of flu-like illness before returning to work. Employees should notify their supervisor and stay home if they are sick.

It is not recommended for the individual to be required to provide a healthcare provider's note if they are sick to confirm their illness or to return to work.

The following daycare attendee, student or employee should remain in home isolation until MCDPH isolation guidance recommendations have been met. The ill individual should not be required to have a negative COVID-19 test to return to work.

Name of daycare attendee/ student/employee	Date of symptom onset
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*Fever is defined as 100.4° F/37.8° C or greater, using an oral thermometer

The following will guide you in how long you need to be in home isolation for your illness. (It is not required for you to share this information with your employer)

If you have

- Tested positive** for COVID-19, and should:
 - Remain in home isolation until **10 days** have passed since your **symptoms first started AND**
 - At least **3 days (72 hours)** have passed since your **fever (including chills, shakes, and body/muscle aches) has gone away** without the use of fever-reducing medications **AND** your **respiratory symptoms (cough, shortness or breath, difficulty breathing, sore throat, congestion or running nose, and loss of taste/smell) have improved.**
 - If you **had** symptoms before, do not have symptoms now, and are **retested at the end of the isolation period** with a **PCR testing that is positive**, you will have to remain in isolation for 10 days following your repeat positive test[†].

If you have

- A **negative test** or **no test** for COVID-19, but has **fever** or respiratory symptoms consistent with COVID-19, should:
 - Stay home and away from others until **3 days (72 hours)** have passed since your **fever (including chills, shakes, and body/muscle aches) has gone away** without the use of fever-reducing medications **AND** your **respiratory symptoms (cough, shortness of breath, difficulty breathing, sore throat, congestion or running nose, and loss of taste/smell) have improved.**

Be sure to watch for emergency warning signs for COVID-19 that should trigger seeking medical attention immediately. Emergency warning signs include, but are not limited to, the following:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to wake up
- Bluish lips or face

People who are mildly ill with respiratory symptoms can isolate at home during their illness, and have been provided: [10 Things You Can Do to Manage Your Symptoms at Home](#).

[†]If you are retested with a positive PCR test at the end of the isolation period, you can come out of isolation before the 10-day mark if you have 2 negative PCR tests in a row at least 24 hours apart.

10 things you can do to manage your health at home

If you have possible or confirmed COVID-19:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



Please go to www.cdc.gov/covid19-symptoms for information on COVID-19 symptoms.