

COVID-19 Notification Process

Actions to take if you suspect or are tested positive for COVID-19

Possible Illness	Suspected COVID-19	Positive COVID-19	Travel Restrictions
<p>Feeling unwell with no KNOWN exposure to COVID-19 or travel to high risk areas as defined by CDC</p>	<p>Employee is seen/contacts healthcare provider because of symptoms & has been told of possible COVID-19</p> <p>Employee contacted by Public Health Department with possible exposure to COVID-19 (may or may not be symptomatic)</p>	<p>EMPLOYEE has been tested & notified of positive COVID-19 diagnosis</p>	<p>Employee has traveled internationally &/or been on a cruise in the past 14 days</p> <p>Employee has traveled to an area for high risk for community spread as defined by government agencies</p>
<p>Stay Home</p> <p>↓</p> <p>Notify Supervisor & use normal lay-off procedures</p> <p>↓</p> <p>Monitor symptoms</p> <p>↓</p> <p>Follow normal return to work processes when appropriate</p>	<p>Stay Home</p> <p>↓</p> <p>Notify Supervisor</p> <p>↓</p> <p>Contact local Occupational Health Nurse (OHN)</p>	<p>Stay Home</p> <p>↓</p> <p>Notify Supervisor</p> <p>↓</p> <p>Immediately Contact RMCC at 888-877-7267</p>	<p>Stay Home</p> <p>↓</p> <p>Notify Supervisor</p> <p>↓</p> <p>Contact local Occupational Health Nurse (OHN)</p> <p>↓</p> <p>Contact local/state Health Depts. & comply with instructions</p>

Serious COVID-19 warning signs requiring immediate medical attention

- Shortness of breath or difficulty breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Additional symptoms

- Cough
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- Nausea, vomiting, or diarrhea

*Note: If there is not a local OHN available in your work location or you work in a dispatching center, regional office or UPC, please contact Health and Medical Service at 402-544-7011

Employees should contact personal healthcare providers & local public health departments when appropriate throughout notification process for individual situations

