



POSSIBLE COVID-19 SYMPTOMS

Are you experiencing any symptoms including fever, cough, shortness of breath

*To ensure your health and safety, please return home, notify your manager, and contact **Ask HR at 801.442.7547** to speak with an employee health nurse. Ask HR can also answer any HR-related questions.*

If your employee health nurse recommends screening and you test positive for COVID-19, you will be contacted by the Intermountain COVID-19 Remote Patient Monitoring team and instructed to remain on home isolation, in accordance with CDC guidelines, until notified when you can discontinue home isolation. You may also be contacted by the Utah Department of Health to assess if any of your close contacts may have been exposed to the virus.

If you do not require testing or your test comes back negative for COVID-19, you may return to work when you are asymptomatic for 24 hours. If symptoms return or worsen, call Ask HR again. For severe symptoms visit an emergency room or call 9-1-1.

ADDITIONAL RESOURCES

- Visit the “COVID-19 Updates for Caregivers” section of [Intermountain.net](https://www.intermountain.net) for answers to frequently asked questions and resources for caring for yourself and your family when you’re ill.
- **Emotional Health Relief Hotline** is a free resource available to anyone who is seeking emotional health guidance during these uncertain times. Call **833.442.2211** to speak with a caregiver, available every day from 10am – 10pm.