

### Special Emphasis: Returning travelers, missionaries, and community acquired cases

1. Have the person stay in one room, away from other people, including yourself, as much as possible.
  - a. If possible, have them use a separate bathroom.
  - b. Avoid sharing personal household items, like dishes, towels, and bedding
  - c. If facemasks are available, have them wear a facemask when they are around people, including you.
  - d. If the sick person can't wear a facemask, you should wear one while in the same room with them, if facemasks are available
  - e. If the sick person needs to be around others (within the home, in a vehicle, or doctor's office), they should wear a facemask
2. Wash your hands often with soap and water for at least 20 seconds, especially after interacting with the sick person. If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
3. Avoid touching your eyes, nose, and mouth.
4. Every day, clean all surfaces that are touched often, like counters, tabletops, and doorknobs
  - a. Use household cleaning sprays or wipes according to the label instructions.
5. Wash laundry thoroughly.
  - a. If laundry is soiled, wear disposable gloves and keep the soiled items away from your body while laundering. Wash your hands immediately after removing gloves.
6. Avoid having any unnecessary visitors.
7. For any additional questions about their care, contact their healthcare provider or state or local health department.

**If the family member develops emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include\*:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
- Not all inclusive. Please see a medical provider if you note changes that are severe or concerning.

**The family member can leave home after these three things have happened:**

1. They have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers), AND
2. Other symptoms have improved (for example, when their cough or shortness of breath have improved), AND
3. At least 7 days have passed since their symptoms first appeared

### FAQ:

Can I go back to work? Yes: You will need to wear a mask and be on symptom watch while the person is convalescing and 14 days from release from quarantine.

- If I develop symptoms, what do I do:
  - Email [askHR@imail.org](mailto:askHR@imail.org) or call 801-442-6765. Employee health will support you at this time to evaluate symptoms and get tested if necessary.