

COVID-19 (Coronavirus) Protocols

What to do if you have symptoms?

- The following symptoms may appear 2-14 days after exposure:
 - Fever
 - Cough
 - Shortness of breath
- Call your doctor/healthcare provider:
 - If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing.
 - Blue Cross offers a program called PhysicianNow that can provide assistance, by phone, to those seeking medical help. www.bcbst.com
 - Visit the company website www.ajaxteammember.com for additional information and updates.
- **Stay home if you are sick!** If you are sick with COVID-19 **or think you might have it**, follow these steps from the CDC in the link below:
 - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Returning to Work

- Do not return to work without speaking with Human Resources or the Safety Department.
 - If you have COVID-19 Virus symptoms you must:
 - Provide a negative test, or
 - Provide a doctor's note stating you are symptom free and can return to work.
 - If you have been exposed to someone who has tested positive for the COVID-19 you must:
 - Provide a negative test, or
 - Provide a doctor's note stating you are symptom free and can return to work.
- If you have tested positive for the COVID-19 you must follow one of these processes:**
- **How to discontinue home isolation**
 - **People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:**
 - **If you will not have a test to determine if you are still contagious, you can leave home after these three things have happened:**
 - 1. You 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 your cough or shortness of breath have improved)**
 - AND**
 - 3. At least 7 days have passed since your symptoms first appeared**

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- If you will be tested to determine if you are still contagious, you can leave home after these three things have happened:

1. You no longer have a fever (without the use medicine that reduces fevers)

AND

2. Other symptoms have improved (for example, when your cough or shortness of breath have improved)

AND

3. You received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.

Resources

Human Resources: 615-280-3907, 615-280-3908 or 615-428-5419

Safety: 615-410-8202 or 615-280-3980

Ajax Turner is following the guidelines of the CDC. More information can be found at the CDC website:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

A daily bulletin with information related to Tennessee is found at: <https://www.tn.gov/governor/covid-19/covid-19-daily-bulletin/2020/3/17/covid-19-bulletin--1---march-17--2020.html>