

English

We know that most people who get this infection will recover without needing a doctor. We know that it is very hard to be ill so far from home and without family. We will do our best to stay in contact with you as you recover and to bring you supplies since you must isolate yourself from uninfected coworkers.

You should NOT leave your room except to go to the bathroom. If you have a mask, you should wear it when you leave your room. If possible, you should stay in a room alone or with other workers who have the same symptoms as you do. If possible, you should not share bathroom facilities with other workers who do not have symptoms. If you have friends or coworkers who can bring you food and beverages and leave them outside your door, that would be better than you going into the kitchen yourself.

You may **resume normal activities when ALL three requirements below have been met:**

- You have been without fever for 72 hours without using fever-reducing medication
- It has been at least 7 days since your symptoms started
- You no longer have any respiratory symptoms

If you get worse and develop shortness of breath, or become so weak that you are unable to walk alone, you should call 911 to be taken to the emergency room. You MUST tell the 911 operator your symptoms and that you possibly are infected with the coronavirus so the ambulance and ER can prepare to care for you.