

Diocese of Owensboro

COVID-19 and the Workplace

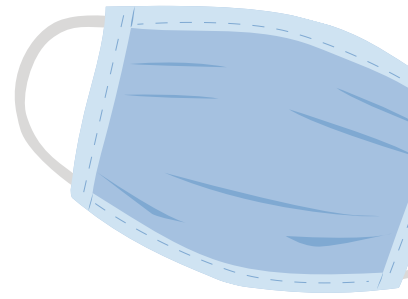
1. You are NOT sick and have NOT been in contact with someone with COVID-19:

Guidelines for Staying Home:

- Wear a mask when you leave your home.
- Stay 6 feet away from others when you leave home.
- Wash your hands frequently, sanitize, clean frequently touched item, etc.

Guidelines to be at Work:

- Must do COVID-19 health screening daily.
- Wear mask unless in your office space.
- Stay 6 feet away from co-workers and visitors.
- Wash your hands frequently, sanitize, clean frequently touched item, etc.
- Must self-quarantine for 14 days if you traveled to a state with a 15% positive COVID-19 rate or self-quarantine for 5 days and then take a COVID-19 test. Upon testing negative for COVID-19, you may then return to work.



2. You are NOT sick but someone in your household does not feel well:

Guidelines for Staying Home or Returning to the Workplace:

- If the household member does NOT have COVID-19 symptoms, (i.e. new, uncontrolled cough that causes difficulty breathing, fever, shortness of breath, chills, headache, muscle pain, diarrhea, nausea, vomiting, sore throat or loss of taste or smell) follow section 1 above.
- If the household member HAS symptoms of COVID-19, (i.e. new, uncontrolled cough that causes difficulty breathing, fever, shortness of breath, chills, headache, muscle pain, diarrhea, nausea, vomiting, sore throat or loss of taste or smell) follow section 3 below.

3. You were in close and direct contact with someone with COVID-19 but you are NOT sick:

Guidelines for Staying Home:

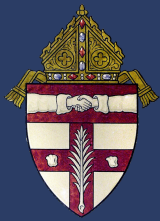
- Individuals in quarantine should self-monitor for signs and symptoms of illness. If symptoms occur, they should contact their healthcare provider.
- Stay home, separate yourself from others in your household, and do not share anything (utensils, phone, etc.) for 14 days.
- Work from home if you can.

Guidelines to be at Work:

- Notify your employer.
- Stay home for 14 days.
- If you become sick with a new, uncontrolled cough that causes difficulty breathing, fever, shortness of breath, chills, headache, muscle pain, diarrhea, nausea, vomiting, sore throat or loss of taste or smell, continue to stay home and follow section 4.



Close contact is defined as anyone who was within 6 feet of an infected COVID-19 person for at least 15 minutes with no mask starting from 48 hours before the person began feeling sick.

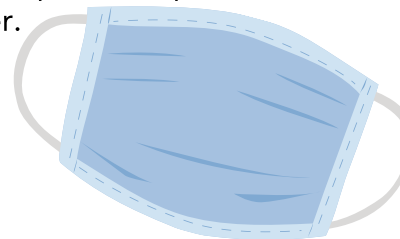


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4. You are sick with COVID-19 symptoms but have NOT been tested for COVID-19 OR You are sick and your health care provider told you that you have COVID-19 (based on a lab test or symptoms):

Guidelines for Staying Home:

- Separate yourself from others in your household, do not share anything (utensils, phone, etc.) and stay home for at least:
 - 10 days, and for at least 3 days (72 hours) with no fever (without fever reducing medicine) and have improved COVID-19 related symptoms (i.e. new, uncontrolled cough that causes difficulty breathing, fever, shortness of breath, chills, headache, muscle pain, diarrhea, nausea, vomiting, sore throat or loss of taste or smell), whichever is longer.
- Work from home if you can.
- Notify your employer.



Guidelines to be at Work:

- Notify your employer.
- Must receive work clearance from your medical doctor or the local public health department.
- Wear mask unless in your office space.
- Stay 6 feet away from co-workers and visitors.
- Wash your hands frequently, sanitize, clean frequently touched item, etc.

For any general questions pertaining to COVID-19, feel free to contact your local public health department as they are a wonderful resource.

A listing of some of the local public health departments in western Kentucky that can be contacted are as follows:

- Green River Health Department – Ryan Christian:
ryan.christian@grdhd.org or 270-852-5577
- Union and Henderson Counties – Rebecca Logan:
rebecca.logan@grdhd.org or 270-389-1230, ext. 6228
- Hopkins County – Barry Franklin: 270-821-5242, ext. 263
- Warren County – Cameron Carver: 270-781-2490, ext. 256
- McCracken County – Joel Marrett: 270-444-9631, ext. 169 and cell 270-556-3031
- Breckinridge County – Scott Shrewsberry: 270-756-5121, ext. 100
- Christian County – Chad Burch: 270-887-4160, ext. 150
- Grayson County – Jerry Brackett: 270-259-8046
- Graves County – Noel Coplen: 270-247-3553

