1. What are the Signs and Symptoms of COVID-19?

People with Coronavirus Disease 2019 (COVID-19) can experience mild to severe respiratory illness. People with these [symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) or combinations of symptoms may have COVID-19:

* Cough
* Shortness of breath or difficulty breathing

*Or at least two of these symptoms:*

* + Fever
  + Chills
  + Repeated shaking with chills
  + Muscle pain
  + Headache
  + Sore throat
  + New loss of taste or smell

Emergency warning signs and symptoms of COVID-19 that may suggest that you need urgent medical attention include:\*

* Trouble breathing
* Persistent pain or pressure in the chest
* New confusion or inability to be awakened (i.e., aroused)
* Bluish lips or face

*\*This list is not all-inclusive. Consult your healthcare provider for any other symptoms that are severe or concerning.*

Some infected healthcare workers have also reported experiencing a sore throat and lost sense of smell, but the relationship between these symptoms and SARS-CoV-2 infection is unclear.

1. What Should I Do if I Think I Have Been Exposed to or Infected with SARS-CoV-2?

Alert your healthcare provider immediately if you think you may be infected with SARS-CoV-2, including if you have been exposed to someone with COVID-19 and have signs/symptoms of infection. If you are experiencing symptoms, you should tell your healthcare provider about any suspected exposures you may have had. Although many communities are experiencing ongoing transmission, be sure to tell your healthcare provider about any recent travel to areas where SARS-CoV-2 is spreading.

If you believe you have been exposed to someone with COVID-19 or another source of SARS-CoV-2 on the job, alert your supervisor or occupational health clinic immediately.

If you are sick with COVID-19 or think you might have it, follow [CDC recommendations](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html), including the steps below, to help protect other people in your home, workplace, and community:

* Stay home: People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
* Stay in touch with your doctor: Call before you seek medical care. Be sure to get care if you feel worse or you think it is an emergency.
* Notify your supervisor: Your employer can take actions that will keep others in your workplace healthy and may be able to offer you additional schedule and leave flexibilities while you are away from work.
* Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.
* Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have, or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

1. How is COVID-19 Treated?

No vaccine or specific treatment for COVID-19 is available. Hospitals can provide supportive care for people who have serious cases of COVID-19.

1. Am I at High Risk for Complications from COVID-19?

Anyone can become infected with SARS-CoV-19, however, those with a [higher risk of severe illness](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html) should exercise additional caution. People who have serious underlying medical conditions, such as heart or lung disease or diabetes, may be at increased risk of complications from COVID-19. Older adults (those 65 years of age or older) and those with immunosuppressive conditions like cancer, or taking immunosuppressive medications, are also at increased risk of severe illness.

Workers may consider discussing their medical conditions that could place them at higher risk of severe illness from COVID-19 with their supervisors, and work with their supervisors to determine appropriate steps to help prevent exposure to SARS-CoV-2 on the job.

The U.S. Department of Labor-funded [Job Accommodation Network](https://askjan.org/topics/COVID-19.cfm) has information about workplace accommodations for people who may be at higher risk of COVID-19 due to age and/or chronic health conditions.

1. When Can I Return to Work After Having COVID-19?

CDC provides [guidance](https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html) about the discontinuation of home isolation for people with COVID-19. Generally:

* If you have been isolating yourself at home: Your healthcare provider or state, local, tribal, or territorial health department can provide the best information about when you can discontinue isolation and return to essential activities, such as going to work.
* If you have been hospitalized with COVID-19: Follow your healthcare provider's discharge and follow-up instructions, which should include information about when you can return to essential activities, such as going to work.

Employers should note that, because of the strain on the healthcare system associated with the ongoing pandemic, not all COVID-19 patients need medical attention in order to get better, and not all workers may be able to provide a doctor's note before returning to work after recovering from COVID-19. Sending a worker to a doctor when there is no need for medical care may place additional, and possibly unnecessary, strain on doctors' offices, urgent care facilities, and hospitals, and may contribute to the spread of the disease.