

# Let's Talk about COVID: Symptoms, Exposure and More

**Let's first talk about COVID-19:** People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Symptoms of COVID-19 include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## EXTERNAL EXPOSURE:

- **If someone in my house is positive, do I need to be off work?**
  - Yes - if you have a household member positive, the house needs to quarantine for 14 days from last exposure
- **If someone in my house is quarantining due to an exposure, do I need to be off work?**
  - If they have no symptoms - **No**
  - If they have symptoms - **Yes**
  - If they are being tested for COVID-19 - **Yes**
  - If they test positive for COVID-19 - **Yes**
  - If they have symptoms and test negative - **No**
- **If someone in my house has COVID like symptoms, do I need to be off work?**
  - If they are **not** part of an exposure - **No**
  - If they are part of an exposure - **Yes**
  - If they test positive - **Yes**
  - If they test negative - **No**

Stay  
Safe!