

CDC made recent updates to COVID-19 symptoms:

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms *may* have COVID-19:

- ✓ Cough (dry cough - present 67% of COVID cases / productive cough- present 33% of COVID cases)
- ✓ Shortness of breath or difficulty breathing (present in 19% of COVID cases)

Or at least two of these symptoms:

- ✓ Fever (present in 88% of COVID cases)
- ✓ Chills (present in 11% of COVID cases)
- ✓ Muscle pain (present in 15% of COVID cases)
- ✓ Headache (present in 14% of COVID cases)
- ✓ Sore throat (present in 14% of COVID cases)
- ✓ New loss of taste or smell.

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

Out of mutual respect and for the safety of your co-workers, supervisors, and/or business partners monitoring your health is important. You can support our workforce, family, and community by staying home when ill (sick).

There are a few more items that are important to consider.

- If you are experiencing seasonal allergies and/or other non-infectious illness (sickness), work with your supervisor and Human Resources to determine the best course of actions to ensure you, co-workers, and/or business partners are comfortable in the work setting.
- Proactively take your body temperature with a thermometer if you have any flu and/or COVID-19 symptoms.
- If you have come into close contact with someone that is experiencing flu and/or COVID-19 symptoms, suspect they may have COVID-19, and/or has tested positive for COVID-19 notify your supervisor and HR.

Everyone should continue to:

- Avoid close contact, stay at least 6 feet (about 2 arm lengths) from other people.
- Wash hands often, keep your hands away from your nose and mouth.
- Cover your mouth and nose with a cloth face cover when around others.
- Cover coughs and sneezes with a tissue and/or elbow.
- Clean and disinfect your work areas, equipment, and tools, and other commonly touched items frequently.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

You can find additional information at the following link: <https://www.wyffels.com/covid-19>