# Staying safe at work during a COVID-19 Outbreak

During an outbreak[1], worksites are required to follow special protocols to reduce the spread of COVID. Keep yourself and your coworkers safe by following these guidelines:

## Stay at home if you feel sick

If you feel sick, **stay home** from work and away from others. **Test right away**. If you test positive, notify your work and follow isolation requirements at ph.lacounty.gov/covidisolation.
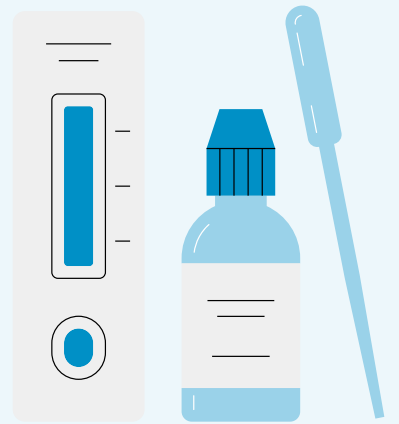
*If you are at high risk of getting very sick from COVID-19, call your doctor or the DPH Telehealth Service to ask about medications to treat COVID-19 if you test positive.*

## Get tested

If you are a close contact to someone with COVID-19 at work, get tested 3-5 days after you were exposed. For more information visit ph.lacounty.gov/covidcontacts.
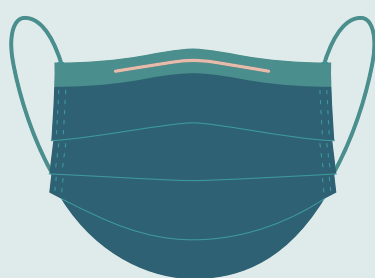
*Ask your employer for information about free testing resources available during paid-time.*

## Wear a protective mask

During an outbreak, you must wear a well-fitting mask over your mouth and nose when working indoors, shared vehicles, and outdoors (if you can't keep 6-ft away from others). Well-fitting respirators (N95, KN95, KF94) provide the most protections. For more information visit ph.lacounty.gov/masks.

*Ask your employer to provide you with free medical masks or respirators.*
*Replace your mask if it gets difficult to breath through or no longer fits well.*

## Watch for symptoms

If you are exposed to someone with COVID-19, continue to monitor your health and wear a well-fitting mask around others for 10 days after exposure.
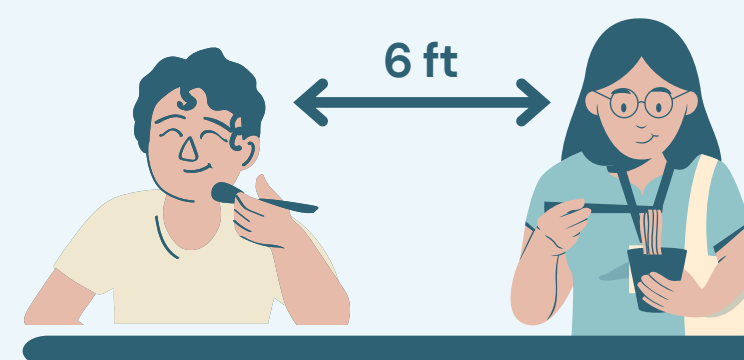
*If you experience any symptoms, test right away and stay home away from others.*

## Keep your distance

Keep 6 feet away from others to the greatest degree possible. When you must remove your mask to eat or drink during break times, do so outside or away from others.

*Ask your employer about ways to improve ventilation in shared workspaces.*

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1 An outbreak is defined as 3 or more linked cases of COVID-19 in a non-healthcare setting over a 14-day period.
2 If you test positive for COVID-19 talk to your doctor. If you do not have a doctor, call DPH Telehealth Service at 1-833-540-0473.
  See ph.lacounty.gov/covidmedicines for more information

Worker Guidance During Outbreaks Poster (English)  9/21/2022

COUNTY OF LOS ANGELES
**Public Health**