

Staying safe at work during a COVID-19 Outbreak

During an outbreak¹, 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.

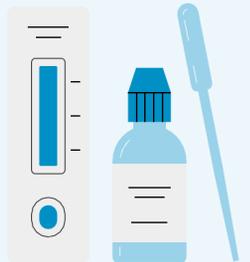
If you are at high risk of getting very sick from COVID-19, call your doctor or the DPH Telehealth Service to ask about medications to treat COVID-19² if you test positive.



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.

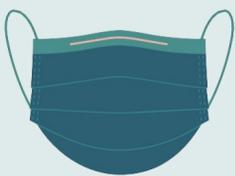
Ask your employer for information about free testing resources available during paid-time.



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 breathe 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.

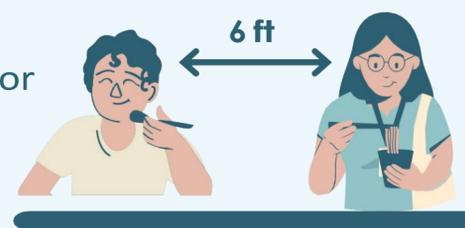
If you experience any symptoms, test right away and stay home away from others.



Keep your distance

Keep 6 feet away from others as much as 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.



1. An outbreak is defined as 3 or more linked cases of COVID-19 in a non-healthcare setting over a 7-day period. See dir.ca.gov/DOSH/Coronavirus/Covid-19-NE-Reg-FAQs.html#definitions for more information

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.

