

# COVID-19

## Prevention, Monitoring, and Management for Agricultural Settings

The purpose of this resource booklet is to educate farm managers and other managers of agricultural settings about COVID-19 and steps managers can take to prevent the spread of illness.

Agricultural settings include but are not limited to:

- Farms
- Markets
- Other agricultural businesses



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Information used to create this document is from the Centers for Disease Control and Prevention (CDC) and the United States Department of Labor. Guidance may change as we learn more.

Please check [tn.gov/health/cedep/ncov.html](https://www.tn.gov/health/cedep/ncov.html) or [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html) for the most up-to-date COVID-19 guidance.

## COVID-19 Information

### Background

COVID-19 is a respiratory illness caused by a new virus called SARS-CoV-2. [Symptoms](#) often include a fever, cough, shortness of breath or difficulty breathing, chills, muscle pain, sore throat, or new loss of taste and smell.

Agriculture work sites, shared worker housing, and shared worker transportation vehicles present unique challenges for preventing and controlling the spread of COVID-19. Consistent application of specific preparation, prevention, and management measures can help reduce the risk of spreading COVID-19.

People may be exposed to COVID-19 through respiratory droplets in the air—for example, when others who have the virus cough, sneeze, or talk. Exposure could also occur when people have contact with contaminated surfaces or objects, such as tools, equipment, tractors, workstations, toilet facilities, or break room tables and then touch their own mouth, nose, or possibly their eyes. Contact with surfaces is not thought to be the main way the virus spreads, but we are still learning more about this virus and how it sickens people.

There is no evidence that livestock, crops, or products that may be handled by workers involved in production agriculture are sources of COVID-19 infection. However, close contact with coworkers may contribute to spreading the virus among workers.

## Terminology

**Case:** Someone with or without symptoms who tests positive for COVID-19.

**Close Contact:** Someone who has one or more of the following exposures with someone who has tested positive for COVID-19:

- Being within 6 feet of a sick person (or a person who tests positive for COVID-19) with COVID-19 for ~10 minutes or longer
- Being in direct contact with germs from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.)
- Living in the same household as a sick person with COVID-19
- Caring for a sick person with COVID-19

**Social Distancing:** Keeping at least 6 feet (about 2 arms' length) from other people.

**Facial Covering:** A cloth or surgical mask covering the mouth **and** nose.

**Isolation:** Separates and restricts the movement of cases with a contagious disease from people who are not sick and people in quarantine.

**Quarantine:** Separates and restricts the movement of people who were close contacts to a case with a contagious disease to see if they become sick.

## General Infection Prevention and Control

### All Employees Should Practice Good Hygiene

- Wash hands before and after work, at meal or snack time, after blowing their nose, smoking breaks, bathroom breaks, before putting on and after removing gloves, if worn, or any other time hands may become contaminated.
- Use alcohol-based (at least 60% alcohol) hand-rub if soap and water are not available.
- Cover coughs and sneezes with elbow or a tissue.
  - Throw the tissue away after use.
  - Wash hands after handling or using a tissue.
- Avoid touching face, nose, eyes, and mouth.
- Avoid sharing work or leisure-time gear such as tools, gloves, and boots, as well as phones, other electronic devices, and other equipment.
  - If equipment is shared, disinfect with bleach water (1/3 cup of bleach to 1 gallon of water) between usage. Leave bleach solution on the equipment for at least 1 minute. Bleach solution is only good for 24 hours.

### Have a Plan

- [Consider using the CDC's Agricultural Employer Checklist for Creating a COVID-19 Assessment and Control Plan.](#)
- Develop an emergency plan for how you will isolate and care for employees infected with COVID-19.
  - See [page 12](#): Procedures for Keeping Cases, Contacts and Well Employees Separate
- Identify [COVID-19 testing and assessment sites](#) near your area.
- Identify the nearest health care facility you can take your employees in case they get sick.
- Identify your [local health department](#). They will provide assistance if someone on your farm or in your facility becomes sick.
- Designate an individual or individuals who will be responsible for transporting ill workers, in case they need hospitalization.
- Assign a designated worker or workers that will be in charge of buying groceries for all workers.

## Protect Employees

- Practice social distancing (being 6 feet apart from one another) and avoid gatherings of more than 10.
- Employees should stay home and not work if they have fever or respiratory symptoms.
- Employees should be screened daily for fever or COVID-19 symptoms (see [page 9](#)) before being transported to the farm or beginning work.
- Any employee with symptoms should be isolated from others, wear a facial covering and be evaluated by a healthcare provider.
- COVID-19 testing is available through numerous clinics and sites across the state. A list of COVID-19 assessment sites is available [here](#).
- Assess and identify opportunities to limit close contact with others (maintain a distance of at least 6 feet between people whenever possible), if feasible. This includes owners, operators, farmworkers, supervisors, crew leaders, delivery personnel, and anyone else entering the agricultural workplace.
- For farmworkers who are transported, try to limit the vehicle occupancy to 50% when possible. Rolling down windows to create more air flow is helpful too.
- Add touch-free methods (i.e., touch-free time clocks, automatic doors) or rearrange work tasks to help farmworkers stay at least 6 feet away from others. Possible options may include:
  - Adjust workflow to allow for a 6-foot distance between farmworkers, if feasible.
  - Install shields or barriers, such as plastic, between farmworkers, when a 6-foot distance between farmworkers is not possible.
  - Add additional clock in/out stations (touch-free if available) or additional time for clocking in/out to reduce crowding, if feasible.
  - Provide several shaded areas and/or remove/rearrange chairs and tables in employee break areas to support social distancing between farmworkers.
- Consider dividing employees into small working groups far apart from one another to prevent 100% of the workforce being in the same place all the time.
  - If possible, divide employees into two or three groups that will never overlap when performing activities on the farm.

- Have each group come to work, clean workstations and tools before they finish their shift and leave 30 minutes to one hour in between shifts to ensure groups are not overlapping or meeting at any time during the day.
- Keep workers that live together and/or from the same family in the same workgroup/shift, when possible, so that people who sleep in the same room or family members will not be unnecessarily exposed.
- Set beds in the housing facilities in a “head-to-toe” orientation and at least 6 feet apart.
- Facial coverings, including cloth or surgical masks, should be worn whenever possible, especially in situations where social distancing is difficult.

### Training

- All communication and training for workers should be easy to understand and should be provided in [languages](#) appropriate to the preferred languages spoken or read by those receiving the training, be at the appropriate literacy level, and include accurate and timely information about:
  - What COVID-19 is, signs and symptoms of COVID-19, how it spreads, risks for workplace exposures, and how workers can protect themselves.
  - Proper [handwashing](#) practices and use of hand sanitizer stations.
  - Farm-specific social distancing practices (e.g., how to move through fields in a way that allows workers to stay at least 6 feet apart).
  - [Cough and sneeze etiquette](#).
  - Steps to take if they get sick.
  - Employer policies regarding COVID-19 (disinfection protocols, housing and worker isolation, sick leave policies) and how employees should alert their supervisors if they are experiencing signs or symptoms of COVID-19 or if they have had recent close contact with a suspected or confirmed COVID-19 case.
  - Their rights under the [Families First Coronavirus Response Act](#). **Employees will not be punished for reporting symptoms or not working due to COVID-19.**
- Employers should consider placing simple posters at the entrance to the workplace and in break areas, employer furnished housing, and other workplace areas where they are likely to be seen. Posters should be in all of the languages that are common in the worker population. CDC has free,

simple [posters available to download](#) and print, some of which are translated into different languages.

### Personal Protective Equipment (PPE)

- Stock up on supplies of tissues and hand sanitizer.
- Have facial coverings available on hand for people with symptoms and for situations where social distancing is difficult.
- Provide small individual trash bags or plastic-lined wastebaskets in your facility for used tissues and masks.
- Keep a supply of gloves for employees to use when picking up used tissues or emptying wastebaskets.

### Cleaning and Disinfecting

- Ensure that all common areas within the facility, including at housing provided by the employer, follow good practices for environmental cleaning. Cleaning should be conducted in accordance with CDC recommendations.
- If possible, create a cleaning schedule that employees can follow in order to incorporate cleaning activities as part of their everyday schedule.
- Frequently clean and disinfect high-touch surfaces with approved cleaners:
  - [www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html](http://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html)



## Monitor Your Employees for Symptoms

People with COVID-19 have had a wide range of symptoms reported varying from no symptoms to mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. A sample assessment form in English and Spanish can be found in Appendix A.

People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Nausea
- Diarrhea

If a person is over age 60 or has underlying medical problems such as diabetes, heart disease, lung disease, or a weakened immune system, they may be more likely to get COVID-19 and suffer more problems from the illness.

## What to do When an Employee Gets Sick

### Employees with Symptoms

If an employee is showing COVID-19 symptoms, a mask should be placed on them and they should be placed in isolation (see page 11). Symptomatic employees should be tested for COVID-19 as soon as possible. A list of testing sites can be accessed [here](#).

**If employees need medical care, refer them to a healthcare provider.** Notify the healthcare provider of symptoms before arriving at the office.

If you have trouble finding a health care facility where you can take your employee, contact your local health department for assistance. You can find a list of the local and regional Tennessee health departments [here](#):

Educate employees about their rights under the [Families First Coronavirus Response Act](#).

**Public Health should be notified of a case of COVID-19 cases.** The local/regional health department in which the facility is located should be notified (list can be accessed [here](#)). Alternatively, TDH Central Office can be contacted at 615-741-7247.

## Contact Tracing

### Employees

Ill employees will be interviewed by your [local health department](#) to see who they had close contact with in the 48 hours before their symptoms started (or if someone without symptoms tests positive, use the date tested). This information will show who may need to be quarantined.

If an employee tests positive for COVID-19, the facility should work with their local health department to identify who slept in the same room, shared a bathroom, or had other close contact with the employee for at least 48 hours before symptoms started (or if someone without symptoms tests positive, use the date tested).

All individuals with close contact\* need to be quarantined for 14 days after last contact with the employee who tested positive for COVID-19.

### Close Contacts

Your local health department will help you develop a comprehensive list of all close contacts of positive employees and determine if any of the contacts have COVID symptoms. All contacts on this list require quarantine for 14 days since they last saw the case<sup>+</sup>.

See more information in the [Guidelines for Isolation and Quarantine](#).

Close contact includes:

- Being within 6 feet of a sick person with COVID-19 for ~10 minutes or longer
- Being in direct contact with germs from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.)
- Living in the same household as a sick person with COVID-19
- Caring for a sick person with COVID-19

## Procedures for Keeping Cases, Contacts and Well Employees Separate

Isolation and quarantine help protect those who are well by preventing spread of germs to people who have or may have a contagious disease.

- **Isolation** separates and restricts the movement of **cases** with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were close **contacts** to a case with a contagious disease to see if they become sick.

### Isolation of Cases

#### Identify an Isolation Area

An isolation area should be separate from:

- Well people **and**
- Close contacts to cases

Only those with symptoms or a positive COVID-19 test should be allowed in the area. Employees on isolation should not use the same dining area, sleeping area, or bathrooms at the same time as well persons and close contacts in quarantine.

#### Meals and Common Areas

If possible, employees under isolation should have meals delivered to the isolation area and should not eat with the general population. They should also use separate bathroom and showering facilities. If separation is not possible, then well people should use the eating and showering facilities first followed by employees under isolation. Facilities should be cleaned after each group is finished. A well employee should provide food/groceries to cases when possible and should deliver food without interaction.

### Employees Who Test Positive

Farm managers or others in charge should notify the local health department immediately if employees exhibit COVID-19 symptoms and/or test positive for COVID-19.

Any employee who tests positive for COVID-19 should stop working immediately, whether they have symptoms or not.

### Release from Isolation

Cases with symptoms should remain isolated for a minimum of 10 days. If the employee is still ill after 10 days, they should isolate until they are feeling well without fever (without the use of medications to stop a fever) for 72 hours (3 days).

For example: If a case started feeling better on day 6, he or she would be released for isolation on day 10. If the case did not start feeling better until day 12, then he/she would be released on day 15.

Cases without symptoms should remain isolated for 10 days from the day that they were tested. If symptoms develop, they should follow the recommendation above.

These recommendations from the CDC may change but are updated at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>.

Any case under isolation who tests negative for COVID-19 will remain in isolation until feeling well for a minimum of 72 hours before being released. Employees needing follow-up medical care should go to the nearest healthcare facility.

### Employees Who Refuse to Comply

In the event that an employee refuses to remain in isolation and/or to comply with infectious disease control procedures, and the employee is either diagnosed with or symptomatic for COVID-19, the local health department and farm managers or others in charge should be immediately notified for guidance to protect others.

## **Quarantine of Contacts**

### Identify a Quarantine Area

A quarantine area should be separate from:

- Cases **and**
- Well employees

Only those who are also in quarantine should be allowed in the area. Employees in quarantine should not use the same dining area, sleeping area, or bathrooms as cases and well employees.

### Meals and Common Areas

Contacts of confirmed COVID-19 cases should be quarantined in a separate area from the cases and from other well persons. Ideally, they should have access to a separate bathroom for toileting and showering purposes and shall not use the common bathrooms. A well employee should provide food/groceries when possible and should deliver food without interaction.

### Release From Quarantine

Contacts should remain quarantined for 14 days from the date of last interaction with the case while the case was ill. If the case has no symptoms, contacts must quarantine for 14 days after the case was tested.

For example: A close contact of a case without symptoms can be released on day 14 since the date the case was tested. A close contact of a case with symptoms must be quarantined for 14 days from the date of last contact with the case while the case was ill.

### Employees Who Develop Symptoms

If a contact develops illness, they become a case. A facial covering should be placed on them and they should be transferred to the area where other cases are in isolation. Contacts who develop symptoms should be tested for COVID-19 as soon as possible. A list of testing sites can be accessed [here](#).

## Resources

### Tennessee Department of Health

- [Use of Personal Protective Equipment by Non-Medical Personnel](#)
- Testing/Close Contact Guidance
  - [What to Expect After Being Diagnosed](#)
  - [What to Expect If You Were Possibly Exposed](#)
  - [What to Expect After Being Tested](#)
  - [What To Do If You Test Negative](#)

### Migrant Clinicians Network

- [Work in the time of COVID-19: Protecting Vulnerable Workers and Their Families](#) (Webinar)
- [Farmworkers and COVID-19: Frequently Asked Questions / \(Spanish\)](#)

### Texas RioGrande Legal Aid (TRLA)

- [Employment/Coronavirus \(English\)](#)
- [Employment/Coronavirus \(Spanish\)](#)

### University of Tennessee

- [Information to Protect Farmworkers and Their Employers in the Midst of COVID-19](#)
- [Information in Spanish for Agricultural Workers \(Video\)](#)

### Centers for Disease Control and Prevention

- [Interim Guidance from CDC and the U.S. Department of Labor: Agriculture Workers and Employees](#)
- [Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19](#)

### Office of the Governor

- [Tennessee Pledge](#): A plan to help Tennesseans return to work in a safe environment, restore their livelihoods and reboot our state's economy.



Si ha sido diagnosticado de COVID-19, siga los siguientes pasos para dar seguimiento a su estado de salud y evitar la propagación de la enfermedad:

### Comuníquese con el departamento de salud pública

- Después de su diagnosis, recibirá una llamada por parte de funcionarios de salud pública. Puede que estos tarden varios días en ponerse en contacto. Le preguntarán sobre sus actividades antes y después de enfermarse.

### Aíslese

- Debe aislarse rigurosamente en su hogar por al menos 10 días después de enfermarse y esperar a que se sienta bien (y no tenga fiebre) por al menos 3 días consecutivos antes de proseguir con sus actividades habituales.
- Todas las personas con las que convive también deberán permanecer en el hogar y no se deberán permitir visitas.
- Permanezca en una habitación, lo más alejado posible de otras personas que habiten en su hogar. Use un baño aparte, de ser posible. Las personas con las que convive podrán mudarse a otro alojamiento que se encuentre vacío, de tener uno disponible, para reducir su riesgo de contagio.
- De ser posible, pídale a sus familiares o amigos que le traigan comida u otras cosas que necesite.
- Si debe salir de su hogar, como por ejemplo para recibir atención médica, póngase una mascarilla si tiene una.

### Notifique a sus contactos cercanos

- Las personas con las que ha tenido contacto cercano también tendrán que permanecer en sus hogares durante 14 días después de su más reciente contacto con usted.
- Los contactos cercanos incluyen todas las personas que estuviesen a menos de 6 pies (2 metros) de distancia de usted por más de 10 minutos mientras usted se sentía enfermo.
- Para más información, favor de compartir el siguiente [recurso](#) con sus contactos.

### Dé seguimiento a su estado de salud

- No existe tratamiento específico para COVID-19.
- Se debe descansar mucho, mantenerse hidratado y, de ser necesario, tomar medicamentos para reducir la fiebre.

### Coordine su atención médica

- Si sus síntomas empeoran y necesita atención médica, llame primero e infórmele al personal médico que usted ha sido diagnosticado de COVID-19. Este dato ayudará al consultorio médico a tomar medidas para evitar que otras personas se contagien o sean expuestas al virus.

### Desarrolle hábitos saludables

- Cúbrase la boca al toser o estornudar con la parte interior del codo o un pañuelo.
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos o con desinfectante para manos a base de alcohol.
- Limpie y desinfecte objetos y superficies con regularidad, inclusive su teléfono.

La información puede cambiar a medida que aprendemos más. Por favor consulte [www.tn.gov/health/cedep/ncov](http://www.tn.gov/health/cedep/ncov) para obtener la información más actualizada sobre COVID-19.





Si ha estado expuesto a alguien que ha contraído COVID-19, siga los siguientes pasos para dar seguimiento a su estado de salud y evitar la propagación de la enfermedad:

### ¿Cómo puedo saber si he estado expuesto?

Por lo general, se necesita estar en contacto cercano con una persona enferma para contagiarse con la enfermedad. El contacto cercano incluye:

- Compartir un hogar con una persona enferma de COVID-19.
- Cuidar a una persona enferma de COVID-19.
- Permanecer a menos de 6 pies (2 metros) de una persona enferma con COVID-19 por 10 minutos o más.
- Estar en contacto directo con las secreciones de una persona enferma de COVID-19 (por ejemplo, estar expuesto a su tos, darse besos, compartir utensilios, etc.)

### Comuníquese con el departamento de salud pública

- Puede que reciba una llamada por parte de funcionarios de salud pública si ha estado en contacto cercano con alguien que padezca de COVID-19. Ellos le explicarán las recomendaciones de cuarentena y contestarán sus preguntas.
- Si tiene alguna otra pregunta, pónganse en contacto con su departamento de salud local.

### Entre en cuarentena

- Deberá permanecer en su hogar durante 14 días después de su más reciente contacto con una persona que tenga COVID-19. Si usted y su contacto habitan en el mismo hogar, puede que tenga que permanecer en casa por más tiempo.
- No asista al trabajo o a la escuela, y evite lugares públicos por 14 días.
- De ser posible, pídale a sus familiares o amigos que le traigan comida u otras cosas que necesite.

### Dé seguimiento a su estado de salud

- Esté pendiente de síntomas de **fiebre, tos y dificultad para respirar** durante los 14 días después de estar en contacto cercano con una persona que padece de COVID-19.
- **Si desarrolla estos síntomas en los 14 días siguientes a su contacto más reciente con la persona que padece de COVID-19**, puede que se haya contagiado.
- Si sus síntomas son leves, permanezca en casa y de seguimiento a su estado de salud. Si necesita una evaluación médica, llame al consultorio médico u hospital de antemano e infórmele al personal médico que estuvo en contacto con una persona que ha sido diagnosticada de COVID-19.

### Desarrolle hábitos saludables

- Acate todas las recomendaciones de distanciamiento social pertinentes.
- Tápese la cara con una cubierta de tela cuando se encuentre en espacios públicos donde sea difícil mantener las medidas de distanciamiento social.
- Cúbrase la boca al toser o estornudar con la parte interior del codo o un pañuelo.
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos. Si no hay agua y jabón disponibles, use desinfectante para manos a base de alcohol.
- Limpie y desinfecte objetos y superficies con regularidad, inclusive su teléfono.

### Excepciones para empleados de infraestructura crítica:

- Si usted es [empleado de alguna infraestructura crítica](#), se le permitirá que continúe su trabajo siempre y cuando no tenga síntomas y cumpla con las [prácticas pertinentes](#) para evaluar de forma activa su estado de salud a diario y así proteger a otras personas.



Si se ha hecho la prueba de COVID-19, siga los pasos a continuación para dar seguimiento a su estado de salud y evitar la propagación de la enfermedad:

### Comuníquese con el Departamento de Salud

- Se le notificará sus resultados tan pronto como sea posible.

### Dé Seguimiento a Su Estado de Salud

#### **Revise los síntomas comunes de COVID-19:**

- |   |  |
|---|--|
| • Tos   | • Dolor muscular                         |
| • Dificultad para respirar<br>(sentir que le falta el aire) | • Dolor de cabeza                        |
| • Fiebre  | • Dolor de garganta                      |
| • Escalofríos   | • Pérdida reciente del olfato o el gusto |
| • Temblor con escalofríos                                   | • Náuseas                                |
|   | • Diarrea                                |

#### **Si tiene algún síntoma:**

- Usted **debe aislarse mientras espera los resultados.**
- Permanezca en una sola habitación, lo más alejado posible de otras personas que habiten en su hogar. Use un baño aparte, de ser posible. Las personas con las que convive podrán hospedarse en otro lugar, de haberlo, para reducir su riesgo de contagio.
- De ser posible, pídale a sus familiares o amigos que le traigan comida u otras cosas que necesite.
- Se debe descansar mucho, mantenerse hidratado y, de ser necesario, tomar medicamentos para reducir la fiebre.
- Si sus síntomas empeoran y necesita atención médica, llame primero e infórmele al personal médico que usted se ha hecho la prueba de COVID-19. Este dato ayudará al consultorio médico a tomar medidas para evitar que otras personas se contagien o sean expuestas al virus.

#### **Si no tiene ningún síntoma (es asintomático):**

- No es necesario que se aisle mientras espera los resultados **A MENOS DE QUE:**
  - Usted ha tenido contacto cercano con alguien con COVID-19 en los últimos 14 días **o**
  - Ha tenido contacto cercano con alguien con síntomas de COVID-19 en los últimos 14 días
- Si desarrolla algún síntoma mientras espera sus resultados, **debe aislarse.**
  - Si sus síntomas son leves, quédese en casa y controla tu salud.
  - Si necesita una evaluación médica, llame a la clínica de salud u hospital antes de llegar e informe al proveedor que se le ha hecho la prueba de COVID-19.

### Desarrolle Hábitos Saludables

- Cúbrase la boca al toser o estornudar con la parte interior del codo o un pañuelo.
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos o con desinfectante para manos a base de alcohol, si no hay agua y jabón disponibles.
- Limpie y desinfecte objetos y superficies con regularidad, inclusive su teléfono.

**Para Más Información:** La información puede cambiar a medida que aprendemos más. Por favor consulte [www.tn.gov/health/cedep/ncov](http://www.tn.gov/health/cedep/ncov) para obtener la información más actualizada sobre COVID-19.



Si ha obtenido un resultado negativo (o de “no detectado”) en la prueba de la COVID-19, aprenda a dar seguimiento a su estado de salud y proteger a otras personas:

### ¿Ha estado cerca de alguna persona que tenga COVID-19?

Si convive, cuida o recientemente haya pasado tiempo cerca de alguien que haya sido diagnosticado de COVID-19:

#### Entre en cuarentena

- Deberá permanecer en su hogar durante 14 días después de su más reciente contacto con una persona que tenga COVID-19.
- Permanezca en la misma habitación, lo más alejado posible de otras personas que habiten en su hogar. Use un baño aparte, de ser posible.
- \* Si se le considera un trabajador esencial, puede que se le permita trabajar durante su cuarentena, pero deberá usar una mascarilla en todo momento.

#### Dé seguimiento a su estado de salud

- Si no se siente enfermo, esté pendiente de síntomas de fiebre, tos y dificultad para respirar.
- Si tiene fiebre, tos o dificultad para respirar, puede que tenga COVID-19.
- Si sus síntomas son leves, permanezca en casa y dé seguimiento a su estado de salud. Si necesita una evaluación médica, llame al consultorio médico u hospital de antemano e infórmele al personal médico que estuvo en contacto con una persona que ha sido diagnosticada de COVID-19.

### ¿Está enfermo?

Si tiene fiebre, tos, dificultad para respirar u otros síntomas:

#### Aíslese

- Deberá aislarse rigurosamente en su hogar.
- Permanezca en una sola habitación, lo más alejado posible de otras personas que habiten en su hogar. Use un baño aparte, de ser posible. Las personas con las que convive podrán hospedarse en otro lugar, de haberlo, para reducir su riesgo de contagio.

#### Dé seguimiento a su estado de salud

- Descanse mucho y manténgase hidratado.
- De ser necesario, tome medicamentos sin receta para reducir la fiebre o aliviar sus síntomas.
- Si sus síntomas empeoran y necesita atención médica, llame primero e infórmele al personal médico que tiene síntomas.

### Si no está enfermo y no ha tenido contacto con nadie que tenga COVID-19...

#### Protéjase a sí mismo y a otros

- Acate todas las recomendaciones de distanciamiento social pertinentes.
- Tápese la cara con una cubierta de tela cuando se encuentre en espacios públicos donde sea difícil mantener las medidas de distanciamiento social.
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos o con desinfectante para manos a base de alcohol, si no hay agua y jabón disponibles.
- Limpie y desinfecte objetos y superficies con regularidad, inclusive su teléfono.
- Cúbrase la boca al toser o estornudar con la parte interior del codo o un pañuelo.

**Para más información:** La información puede cambiar a medida que aprendemos más. Por favor consulte [www.tn.gov/health/cedep/ncov](http://www.tn.gov/health/cedep/ncov) para obtener la información más actualizada sobre COVID-19.

## CASOS

Los pacientes (casos) tienen que estar aislados por un mínimo de 10 días desde la fecha de inicio de los síntomas, y pueden darse de alta después de que hayan pasado al menos 72 horas sin fiebre y sintiéndose bien, sin el uso de medicamentos para reducir la fiebre.

Los casos sin síntomas tienen que aislarse por 10 días después de que se les tome la muestra.

**Nota:** Si una prueba PCR (por sus siglas en inglés) de seguimiento resulta positiva, los casos no tienen que aislarse de nuevo siempre que ya hayan cumplido el mínimo de 10 días de aislamiento y que sus síntomas hayan cesado por al menos 72 horas.

**Nota:** Una tos que perdura no es razón para no dar de alta a un caso en aislamiento.

## CONTACTOS DOMÉSTICOS

Las personas (contactos) en el hogar tienen que estar en cuarentena por 14 días después de que el caso no tenga fiebre y se sienta bien (porque se considera que el riesgo de infección continúa dentro del hogar).

Si un contacto en el hogar muestra síntomas compatibles, se convierten en un caso. Deben comenzar el aislamiento y pensar en hacerse la prueba.

Si el caso no tiene síntomas, el contacto tiene que estar en cuarentena por 14 días después de la fecha de la toma de la muestra del caso.

**Nota:** Es posible que los contactos tengan que quedarse en casa más tiempo que el caso inicial.

## CONTACTOS NO DOMÉSTICOS

Las personas que han estado en contacto con el caso tienen que estar en cuarentena 14 días después de su último contacto con el enfermo.

