

COVID-19 Guide to Staying Home

COVID symptoms include:

- Congestion (chest and head)
- Sinus pressure/drainage/pain
- Cough
- Fever
- Sore throat
- Loss of taste and/or smell
- Fatigue
- Body aches



For everyone:

I'm experiencing COVID-19 symptoms.

Stay home & call your supervisor.

Do not report to work if you are unwell.

What should I do?

Your supervisor will contact your TMR representative and/or a member of our safety team.

I tested positive for COVID-19.

Stay home & call your supervisor.

Report your test result to your supervisor. Your supervisor will contact your TMR representative or a member of our safety team to begin contact tracing & minimize the potential workplace transmission.

What's next?

After receiving a positive COVID-19 diagnosis, you must quarantine for a minimum of 10 days and may return to work when your symptoms have improved and you have been fever-free for 24 hours without medication.

Close contact when...

I am unvaccinated.

I am vaccinated.

I spent more than 15 minutes in close contact with someone who tested positive for COVID, but I do not have symptoms.

Stay home & call your supervisor.

Proceed as usual, paying extra attention to how you feel.

You may return to work if you are symptom-free after a mandatory quarantine period determined by TMR or Safety.

If you are vaccinated & asymptomatic, you do not need to quarantine after close contact with a COVID-positive individual.

What are my next steps?

If symptoms develop, notify your supervisor immediately, and stay home.

I have symptoms after spending more than 15 minutes in close contact with someone who tested positive for COVID.

Stay home & call your supervisor.

Stay home & call your supervisor.

You may return to work if you are symptom-free after a mandatory quarantine period. TMR or Safety will contact you for more information to determine your return-to-work date.

Schedule and share your COVID-19 test results with TMR or Safety to determine your return-to-work date.

What are my next steps?

Time's running out to claim your \$150!

Send a photo of your vaccine card to tmr@schupan.com to claim or donate your \$150 vaccine incentive by **December 31st.**

