

# Can I go to work or resume regular activities?

COVID-19 guidance for adults. 10/16/20

## How do you feel? Do you have any new or worsening symptoms?

If you have mild symptoms, you still need to self-isolate at home, but you can do so for 24 hours to see if they get better or if new symptoms start.

**Pre-existing conditions don't apply.** For example, you may have asthma and a cough, and some people get frequent runny noses during cold weather. Think about what is normal for you.

### RED symptoms

- Fever/chills
- Cough
- Shortness of breath or difficulty breathing
- Loss of taste or smell

### YELLOW symptoms

- Headache
- Runny nose or congestion
- Sore throat
- Acute/intense fatigue
- Generalized muscle aches (not related to physical exertion)
- Significant loss of appetite
- Nausea/vomiting
- Diarrhea



If you have **one or more RED** symptoms, **testing is STRONGLY recommended.**

**You must NOT attend work until you get your test results from your health care provider.**

If you don't get tested:

You must self-isolate for 10 days from the beginning of symptoms, even if the symptoms clear up sooner than 10 days.



If you have **two or more YELLOW** symptoms for more than 24 hours, **testing is recommended.**

**You must NOT attend work or take part in other activities until you get your test results from your health care provider.**

If you don't get tested:

If symptoms clear up sooner than 10 days without testing, self isolation is still required unless you are told otherwise by your family physician or rural primary health care provider.

If you have **only one YELLOW** symptom you **can return to work or resume regular activities when the symptom goes away.**

**Exceptions:** If you are **throwing up or have diarrhea**, stay at home until 24 hours after symptoms have gone away.

If **runny nose/nasal congestion** lasts longer than 24 hours, is mild and not getting worse, and you are otherwise well, you can resume regular activities including attending work.

**You don't need a written note from your health care provider to return to regular daily activities.**



**You have NO symptoms.**

**You can go to work and take part in regular approved activities.**

**Please continue to follow the Safe 6.**

### This guidance DOES NOT apply if:

- You are a contact of someone who has COVID-19.
- You may be severely immunocompromised or have a complex medical history.
- You have travelled outside Yukon in the last 14 days.