

Protocols for Respiratory Viruses (COVID, Flu, RSV) Updated April 2024

Before work every day, complete a self-screening:

1. Have you experienced any of the following symptoms in the last 24 hours that you normally don't experience, that are unusual for you, or cannot be explained by any other cause (*i.e.*, seasonal allergies):
 - a. Fever or chills
 - b. Cough
 - c. Shortness of breath or difficulty breathing
 - d. Muscle or body aches
 - e. Headache
 - f. New loss of taste or smell
 - g. Sore throat
 - h. Congestion or runny nose
 - i. Nausea or vomiting
 - j. Diarrhea

If you answered yes to any of the above:

1. Stay home and away from others until at least 24 hours after both resolution of:
 - a. Fever *without use of fever reducing medication*; &
 - b. Overall symptoms are getting better.
2. Follow the Additional Interventions below for 5 days.

If you test positive for COVID:

1. Email hr@tmi-inc.org what day you tested positive.
2. Respond to HR's email asking who you had been in contact with.
3. Follow the 5 days of additional interventions below.

Upon your return to work, follow 5 days of Additional Interventions:

1. Wear a well-fitting mask while working with TMI clients and staff.
 - a. Loosely woven cloth products provide the *least* protection, layered finely woven products offer more protection, well-fitting disposable surgical masks and KN95s offer even more protection, and well-fitting NIOSH-approved respirators (including N95s) offer the highest level of protection.
2. Keep more distance between yourself and others.
3. Wash your hands thoroughly (rub with soap for at least 20 seconds, then rinse) and more frequently.

Everyday steps and actions for prevention:

- Vaccination.
- Cleaning hands thoroughly (rub with soap for at least 20 seconds, then rinse) and often.
- Stay away from those who are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow ([vampire cough](#)), **not your hands**. Remember to immediately [wash your hands](#) after blowing your nose, coughing or sneezing.
- Regularly clean commonly touched surfaces.
- Do an at-home test when exposed to COVID or when you feel ill.