

Notes from the Health Officer

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Guidance for Healthcare Providers Diagnosed with COVID 19

<https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/HCWCaseGuidance.pdf>

Healthcare Providers who are COVID 19 cases or suspected cases should do the following:

- Any healthcare provider (HCP) who undergoes testing for COVID-19 should self-isolate at home and not work while awaiting testing results
- Immediately notify all of your employers if you are having symptoms and/or if you are being tested for COVID-19
- Identify any times that you were at work during the 2 days before you began feeling ill and any days you worked while ill
- You should strictly isolate yourself at home for at least 7 days after you became ill or until you are feeling well and without a fever (without fever reducing medication) for three consecutive days (whichever is longer)
- If you are asymptomatic, you should self-isolate and not work until for at least 7 days after testing was conducted.
- Stay in a specific room and away from other people in your home to the extent possible.

Where possible, ask others such as friends or family, to get food or necessities for you.

Online: www.tn.gov/health/cedep/ncov or www.cdc.gov/coronavirus/2019-ncov

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