



MEMO

Date: March 20, 2020

To: Employees of Local Employers re: Coronavirus

From: Winona Health Services

RE: Employee Work Notes

Employers are encouraged to follow the Minnesota Department of Health guidelines as it relates to employees with symptoms of coronavirus (COVID-19). Individuals with symptoms of COVID-19 (cough, fever, and shortness of breath), should be directed to stay at home if the employee feels their symptoms are not too severe and if the employee feels they can manage at home. More information can be found at www.winonahealth.org.

In accordance with the Minnesota Department of Health's recommendation to businesses (<https://www.health.state.mn.us/diseases/coronavirus/businesses.html>) and in order to prevent the spread of illness, individuals with mild symptoms of coronavirus are being asked to care for themselves at home; if they experience increasing shortness of breath or other concerns, they should seek medical care.

To preserve resources and ensure adequate access to care for those who need it, Winona Health is providing this letter *in lieu of individual employee work notes to give to your employer.*

Below are the current recommendations from Minnesota Department of Health for individuals with symptoms of coronavirus (COVID-19):

- The Minnesota Department of Health advises that individuals who have a fever and/or new respiratory symptoms (cough, shortness of breath) should self-isolate for 7 days after the onset of illness, or 72 hours after their fever resolves (without taking fever reducing medications) and improvement of respiratory symptoms.
- Individuals with **new onset** of respiratory symptoms and/or fever should make every effort to isolate themselves from other household or close contacts as much as possible. Household and close contacts should limit their activity in public for 14 days after implementing precautions in the home and monitor for symptoms of illness.

Should you have any questions, please feel free to contact us at 507.454.3650 and ask for the administrator on call.

855 Mankato Avenue ~ P.O. Box 5600 ~ Winona, MN 55987 ~ 507.454.3650 ~
800.944.3960
www.winonahealth.org

~ A friend for life ~