



Employee Daily Self-Assessments and Actions

CTDOT COVID Safety Directives – COVID19 Safety Directives issued by the CTDOT Division of Occupational Health and Safety may be revised, as needed, in response to updated or emerging requirements and guidance. Specific requirements or steps in any CTDOT COVID Safety Directive may be adapted to meet the specific needs of a COVID case, only with the approval of the CTDOT Division of Occupational Health and Safety.

Updated 8/3/2021 - All protocols identified in the CTDOT COVID Safety Directives are required regardless of the employee's vaccination status.

Employees Experiencing Symptoms that are Similar those of COVID such as Seasonal Allergies

It is common for employees to show symptoms that appear to be COVID related but are actually the result of a chronic condition such as seasonal allergies. It is very important that every employee, during their daily self-assessment makes a note of any new or worsening symptoms that they cannot attribute to a chronic or routine medical condition.

Due to the similarity of the symptoms of many respiratory viruses, such as the common cold, seasonal flu or other potentially contagious respiratory conditions, employees are not to come to work while they are experiencing any of these symptoms until they have consulted with a LHCP and have received written medical clearance to return.

Employee Feeling Sick with COVID Symptoms

- Employees who have any COVID like symptoms (i.e., fever, cough, or shortness of breath) are required to stay home, contact their supervisor and HR.
- Employees who have any COVID like symptoms are required to seek medical guidance from a Licensed Health Care Provider (LHCP) and are to follow the LHCP's directions.
- Employees that are at work and begin to feel sick with potential COVID like symptoms are to inform their supervisor and HR and leave the workplace immediately and seek medical direction.
- Employees should expect that if they are exhibiting COVID like symptoms (fever, coughing or shortness of breath) in the workplace, their supervisor will send them home unless, the employee can assert with a reasonable degree of certainty that the symptoms are due to a condition or circumstance completely unrelated to COVID (such as coughing because he or she choked on a sip of water or shortness of breath due to walking up several flights of stairs).
- Employees who have been directed by a LHCP or government official to self-monitor at home due to potential COVID symptoms or COVID exposure are to notify their supervisor, HR and OH&S as soon as possible.
- Employees that have been out of the workplace due to any COVID health restrictions, are not to return to the workplace until they have been medically cleared to do so and they have submitted all required documentation to HR and OH&S.

Employee Daily Self-Assessment

Before coming to work every day, employees should perform a self-assessment including take their temperature before they go to work. If the employee's temperature 100.4 degrees Fahrenheit or higher, they are required to stay home, contact their supervisor and HR and seek medical direction.

CTDOT Daily Health Assessment Checklist

People with these symptoms stay home and consult a Licensed Health Care Provider (LHCP)

- Fatigue, muscle, or body aches
- New loss of taste or smell
- Sore throat, congestion, or runny nose
- Nausea, vomiting or diarrhea

Look for emergency warning signs of COVID. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
- Call your medical provider for any other symptoms that are severe or concerning to you.

EAP Lexington Group

In these stressful times it is important that employees are reminded that the Lexington Group, EAP Program, is available and offers a variety of benefits and services to assist employees and their dependents in their time of need and/or their dependents is struggling to adjust to changes associated with COVID-19. Their number is 1-800-676-HELP (4357).

For more information about the COVID19 virus go to:

CTDOT Specific Information - <https://portal.ct.gov/DOT/StaffCOVID/Info>

State of Connecticut Information - <https://portal.ct.gov/Coronavirus>

Centers for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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You may contact any of the OH&S staff with questions or concerns at any time. You may also send in a confidential safety concern, observation or near miss by going to: www.ct.gov/dot/safetyconcern