



UNITED STATES GOVERNMENT
OFFICE OF NAVAJO AND HOPI INDIAN RELOCATION

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2025 ONHIR WORKPLACE HEALTH/SAFETY PLAN

When you are sick with a respiratory virus including COVID-19 take the following measures and precautions to prevent spread:

- Take steps for cleaner air
- Practice good hygiene (practices that improve cleanliness such as washing hands or using hand sanitizer.
- Stay home and away from others (including people you live with who are not sick) if you have respiratory virus symptoms that are not explained by another cause, i.e. fever, chills, fatigue, cough, runny nose, and headache, etc.
- Seek health care promptly for [testing](#) and/or [treatment](#) if you have [risk factors for severe illness](#). Treatment may help lower your risk of severe illness, but it needs to be started within a few days of when your symptoms begin.
- You can go back to your normal activities when, for at least 24 hours, if both are true:
 - Your symptoms are getting better overall, **and**
 - You have not had a fever (and are not using fever-reducing medication).
- When you go back to your normal activities, take added precaution over the [next 5 days](#), such as taking additional [steps for cleaner air](#), [hygiene](#), [masks](#), [physical distancing](#), and/or [testing](#) when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.
 - Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.
 - If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both are true: your symptoms are improving overall, and you have not had a fever (and are not using fever-reducing medication). Then take added precaution for the next 5 days.

Using these prevention strategies can be especially helpful when:

- Respiratory viruses, such as COVID-19, flu, and RSV, are causing a lot of [illness in your community](#). Check community levels to find out if respiratory viruses are causing a lot of illness in your community. The data is updated weekly.
- You or those around you have [risk factors](#) for severe illness
- You or those around you were recently exposed to a respiratory virus, are sick, or are recovering