



COUNTY OF POLK
Health Department
www.polkcountyiowa.gov/health

Helen Eddy, Director
1907 Carpenter Avenue
Des Moines, Iowa 50314
Ph. 515.286.3798
Fax. 515.286.2033

Should I go to work when I am sick with COVID-19?

If you are sick with COVID-19, you should not go to work until you have talked to your doctor and state or local health department.

AND

- Has it been at least 7 days since your symptoms first appeared?
- Have you been without a fever for at least 3 days without the use of a medicine that reduces fevers?
- Have your symptoms gotten better? Has your cough gotten better? Can you taste and smell better? Can you breathe better?

You do not need a doctor's note to show that you are sick with COVID-19.

Legal Assistance Hotline for COVID-19 Questions

Individuals with questions of a legal nature should call the COVID-19 Legal Information Hotline at 1-800-332-0419. It was developed in partnership with Iowa Legal Aid, the Iowa State Bar Association and the Polk County Volunteer Lawyer Project. The hotline can assist Iowans with business and compliance issues, eviction, denial of unemployment benefits, employment issues and other personal legal concerns. You will be asked to leave a message and someone will return your call.

Updated 4/28/2020