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# WHAT TO DO IF YOU FEEL SICK

RESOURCES AND SUPPORT FOR WORKERS  
DURING COVID-19

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# Steps to take



1

STAY HOME FROM WORK

2

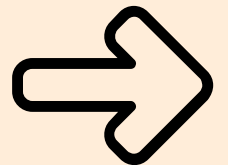
GET TESTED FOR COVID-19

3

IF YOU TEST POSITIVE, NOTIFY YOUR  
WORKPLACE

4

KNOW YOUR RIGHTS



# Rights and Resources



- Testing is not necessary to return to work
- It is **illegal** for employers to fire workers for getting sick with COVID-19
- If you or a family member get COVID-19, you may be eligible for **paid sick leave**



- For more information about worker protections or paid sick leave, call the Washington Department of Labor and Industries at **1-800-547-8367**
- Find King County Community Support at **[kingcounty.gov/covid/support](https://kingcounty.gov/covid/support)**
- For Washington Paid Family & Medical Leave go to **[paidleave.wa.gov/healthcare-providers/](https://paidleave.wa.gov/healthcare-providers/)**
- If you need advocacy or legal help, regardless of immigration status, related to workplace rights go to **[fairworkcenter.org/legalclinic/](https://fairworkcenter.org/legalclinic/)**