

STAYING AT HOME TO PROTECT YOURSELF FROM COVID-19

Federal and state regulations require your employer to provide you with a safe workplace. If you do not return to work because your workplace is not safe for you, you may continue to be eligible for unemployment benefits.

The North Carolina Division of Employment Services (DES) says you may be eligible to continue receiving unemployment benefits if you fall into one of these categories:

- 1. You have been diagnosed with COVID-19 or have symptoms of COVID-19 and a medical professional has advised you not to go to work.
- 2. A member of your household has been diagnosed with COVID-19 or you are providing care for a family member or a member of your household who has been diagnosed with COVID-19.
- 3. You are at high risk of severe illness from COVID-19.
- 4. You are the primary caregiver of a child or person in your household whose school or care facility is closed because of COVID-19, and this prevents you from working.
- You can't reach your place of employment because of a COVID-19 quarantine or you have been advised by a health care provider to selfquarantine.
- 6. You can't return to work because of a governmental order regarding travel, business operations, or mass gatherings.
- 7. You reasonably believe there is a valid degree of risk to your health and safety due to a significant risk of exposure or infection to COVID-19 at your work because your employer is not complying with government or industry guidelines, or because workplace is not safe for you to return to work.

This form helps employees who cannot return to work because of one of the reasons listed above related to COVID-19. The form is not legal advice. If you are experiencing any of the situations listed above, you may fill in this form and provide it to your employer.

This is intended to provide accurate, general information regarding legal rights relating to employment in North Carolina. However, this fact sheet does not address exemptions and does not go into detail regarding legal rights. In addition, laws and legal procedures are subject to frequent change and differing interpretations, and the North Carolina Justice Center cannot ensure the information in this sheet is current nor be responsible for any use to which it is put. Do not rely on this information without consulting an attorney or the appropriate agency about your rights in your particular situation.

Notice to Employer

Name of Employer:	
Name(s) of Employee(s):	
I am unable to return to work at this time because	se of the following reason related to COVID-19:
I have been diagnosed with COVID-19 ar not attend work.	nd have been advised by a medical professional to
I am experiencing symptoms of COVID-19 to not attend work.	9 and have been advised by a medical professional
A member of my household has been diag	nosed with COVID-19.
I am providing care for a family member diagnosed with COVID-19.	or a member of your household who has been
I am at high risk of severe illness from CO	OVID-19.
	erson in your household whose school or care nd this prevents me from working The name of my
I can't reach my place of employment be	cause of a COVID-19 quarantine.
I have been advised by a health care pro	vider to self-quarantine.
I cannot return to work because of a gov operations and mass gatherings.	ernmental order regarding travel, business
_	my health and safety due to a significant risk of reasons I believe it is not safe for me to return to
SIGNATURE	DATE