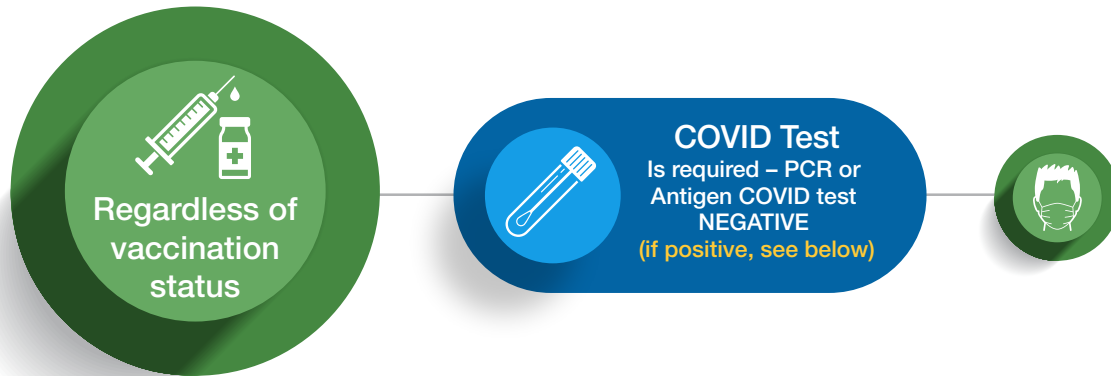


# Return to Work Following Exposure to COVID

Updated April 13, 2022



## MAY CONTINUE TO WORK

### 1. No need to quarantine **IF**:

- Test within 3-5 days after last exposure with a negative result
- Must wear face coverings around others for 10 days after exposure, especially in indoor settings
- If symptoms develop, must stay home until a negative test result is obtained\*



## STAY HOME

1. Stay home for at least 5 days
2. May return to work if negative test for COVID on or after day 5 **AND** symptoms are not present or are resolving
3. If unable to test/choose not to/or still testing positive on Day 5 or later, isolation may end after day 10 **IF** fever free for 24 hours without the use of fever-reducing medications
4. Isolation should continue until 24 hours after fever resolves. Should there be symptoms other than fever, continue to isolate until symptoms are resolving **OR** until after day 10
5. Must wear face coverings around others for a total of 10 days after exposure, especially in indoor settings

### \* If you have COVID-19 symptoms, regardless of vaccination status or previous infection:

1. Self-isolate and test as soon as possible. For symptomatic persons who have tested positive in the previous 90 days, using an antigen test is preferred
2. Remain in isolation while waiting for results. If unable or unwilling to test, must continue isolation for 10 days after symptom onset
3. Consider continuing self-isolation and retesting in 1-2 days if testing negative with an antigen test, particularly if tested during the first 1-2 days of symptoms

# Return to Work



## COVID Symptoms

Fever > 100.4 F  
Loss of taste or smell  
Difficulty Breathing  
New Onset Cough  
Congestion/Runny Nose  
Nausea/Vomiting/Diarrhea  
Sore Throat  
Headache  
Fatigue/Muscle or Body Aches



Someone with COVID-19 is defined as anyone with a laboratory-confirmed or a clinically compatible illness, who has not tested

COVID exposure occurs when sharing the same indoor airspace for a cumulative total of 15 minutes or more over a 24-hour period during an infected person's infectious period.

**TIP:**

If you have symptoms get tested right away. If you were exposed and don't have symptoms, it is best to wait 3-5 days after last exposure to be tested.