# COVID-19 INTERIM RETURN TO WORK GUIDANCE

<table>
<thead>
<tr>
<th>Situation</th>
<th>Testing/Isolation/Quarantine</th>
<th>Outcome</th>
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</table>
| **COVID-19-LIKE SYMPTOMS** | • **TEST FOR COVID-19**  
  - Fever (>100.4°F) or chills  
  - Cough  
  - Shortness of breath or difficulty breathing  
  - Fatigue  
  - Muscle or body aches  
  - Headache  
  - New loss of taste or smell  
  - Sore throat  
  - Congestion or runny nose  
  - Nausea, vomiting, or diarrhea  
  - Provider should consider testing for influenza and other common pathogens | • **POSITIVE COVID-19 test (REGARDLESS OF VACCINATION STATUS):**  
  - You must isolate if you tested positive for COVID-19 or if you have symptoms and have been unable to test  
  - Let your close contacts and employer know that you tested positive.  
  - May return to work when all the following conditions are met:  
    ▪ It has been at least 5 full days since your symptoms started (or since your test date, if you had no symptoms)  
    ▪ You have had no fever for 24 hours, without taking fever-reducing medications  
    ▪ Your symptoms are improving  
  - If you have a fever or are not yet improving, remain in isolation until all of the above are true.  
  - Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.  
  - Employers should **not** require a negative COVID-19 test or clinician’s note to return if all the conditions above have been met  
  • **NEGATIVE COVID-19 test (REGARDLESS OF VACCINATION STATUS):**  
  - May return to work if symptoms resolving and no fever for 24 hours without use of fever-reducing medications |
| **CLOSE CONTACT WITH A PERSON WITH COVID-19** | • **TEST FOR COVID-19**  
  - If you have ongoing close contact with a person with COVID-19 (e.g., a parent caring for a child) you must stay home in quarantine for 5 days after the person with COVID-19 is released from isolation.  
*If you have ongoing close contact with a person with COVID-19 (e.g., a parent caring for a child) you must stay home in quarantine for 5 days after last contact with the person with COVID-19.  
  • **IF YOU ARE NOT UP TO DATE ON ALL COVID-19 VACCINATIONS**  
  - If you developed symptoms immediately **self-isolate and get tested.**  
  - If you continue to develop symptoms immediately **self-isolate and get tested.**  
  - If you have had no fever for 24 hours, without taking fever-reducing medications  
  - Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.  
  - If you have symptoms and have been unable to test, you must isolate if you tested positive for COVID-19 or if you have symptoms and have been unable to test  
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Quarantine is 10 days for close contacts living or working in congregate settings, including if there are household members who work in congregate settings (e.g., correctional facilities).  
  *Note: If a person with suspected COVID-19 refuses testing, follow guidance for POSITIVE COVID-19 test (REGARDLESS OF VACCINATION STATUS) above.*