

# COVID-19 RETURN TO WORK GUIDELINES (POST ILLNESS)

## Symptomatic

Per the recommendations\* of the Centers for Disease Control and Prevention (CDC), Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions:

- They have a negative COVID-19 viral test result (from a sample collected after the onset of symptoms) allowing them to return to work **and** have not knowingly been exposed to any potential source of infection since the test was conducted; or have been medically cleared by their healthcare provider

or

- At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g. cough, shortness of breath); and
- At least 10 days have passed *since symptoms first appeared*.

The above guidelines are to be utilized in determining when a worker may return to work following illness. Please note that if a person is out sick with any of the listed COVID-19 related symptoms but was never tested, these guidelines still apply. It is preferred that a worker be medically cleared by their healthcare provider prior to returning to work. Please consult with your HR representative for additional assistance or with any questions.

## Asymptomatic/Tested Positive

Persons with COVID-19 who are asymptomatic with a positive test result may discontinue home isolation under the following conditions:

- At least 14 days have passed since the date the positive COVID-19 test *was taken* or, a follow up COVID-19 PCR viral test has a negative result.

Please consult with your HR representative for additional assistance or with any questions.