

FREQUENTLY ASKED QUESTIONS ABOUT COVID-19

- 1) I have been exposed to someone with COVID-19 and my testing is negative, can I return to work/school and normal life immediately?**
 - If you had a high-risk exposure and you have no symptoms, the CDC recommends that you self-quarantine for 14 days from the time you were last directly exposed to someone with COVID-19. Unfortunately, this means you cannot return to school or work for 14 days after your exposure. Your tests performed today do not change your need to quarantine yourself as you still are at risk for getting sick after a high-risk exposure. If your test today is negative, you are not sick right now, but you could become sick and still need to quarantine yourself and check yourself for symptoms including a fever.
 - If you had a low-risk exposure, you will likely be able to return to work or school much sooner, assuming you do not have or develop any symptoms of COVID-19.
 - If you develop symptoms at any time after your testing, you must then wait until your symptoms are improving AND it has been 10 days since your symptoms started AND 3 days since your fever has resolved without the use of medications to reduce fever.

- 2) Can I go back to work if I have symptoms of COVID-19, but my testing is negative?**
 - Depending on how long you have had symptoms for and what your symptoms are, it is usually not recommended you return to work or school until at least 24 hours after your fever has resolved and your symptoms are improving.

- 3) I tested positive for COVID-19 and my symptoms have all gone away. Now my employer wants me to be tested again before I return to work.**
 - The CDC and The Public Health Department (PHD) do not recommend repeat testing to determine when you can return to work. Your PCR test can remain positive 4-6 weeks after you are no longer infectious. So, a positive PCR test may keep you out of work unnecessarily if you are better.
 - Both the CDC and PHD recommend returning to work once your symptoms are improved AND it has been 10 days since your symptoms started AND 3 days since fever resolution.

- 4) When can I go back to work if I have no symptoms and I tested positive for COVID-19?**
 - If you had a positive antigen or PCR test, you could return to work 10 days after the positive test, as long as you do not develop symptoms after your test comes back.
 - If you had a positive antibody test and a negative antigen or PCR test, you can typically return to work immediately.
 - If you develop symptoms at any time after your testing, you must then wait until your symptoms are improving AND it has been 10 days since your symptoms started AND 3 days since your fever has resolved.

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COVID-19 Return to Work Guidelines

If you are asymptomatic and then you develop symptoms of COVID-19, you must either be retested for COVID-19 or return to work when your fever has resolved for 3 days AND your symptoms have improved AND it has been at least 10 days since your symptoms first appeared

Asymptomatic with NEGATIVE COVID-19 Testing (Antigen and/or PCR)

WITHOUT known exposure

___ Return immediately.

WITHOUT known exposure, but with a recent history of an "at-risk" situation

___ Return to work with a facial covering, social distance yourself, monitor yourself daily for COVID-19 symptoms and check your temperature daily for 14 days after exposure (check with your company about their policy).

WITH known exposure

___ If testing was performed 7 days after the initial exposure date and the PCR result is negative and you did not develop any symptoms while awaiting your results, then possible expedited return with a facial covering, socially distance, perform daily monitoring of your temperature and monitor for possible COVID-19 symptoms.

___ If testing was performed less than 7 days after exposure date, self-quarantine for 14 days from the date of exposure even if your tests are negative.

Asymptomatic with POSITIVE COVID-19 Testing (Antigen and/or PCR)

___ Return 10 days after your test was performed unless you develop symptoms of COVID-19, then return when your fever has resolved for 3 days AND your symptoms have improved AND it has been at least 10 days since your symptoms first appeared.

Symptomatic with NEGATIVE Antigen COVID-19 Testing

___ **Pending PCR Result** - Isolate yourself until the PCR test has resulted.

___ **Negative PCR Result** - Return after 3 days without fever and your symptoms are improving.

Symptomatic with a POSITIVE COVID-19 test

Antigen, PCR or Antibody (IgM) Positive

___ Return when your fever has resolved for 3 days AND your symptoms have improved AND it has been at least 10 days since your symptoms first appeared

Provider Signature