

When Can I Return to Work

After COVID-19 Exposure?

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If you were exposed to COVID-19...

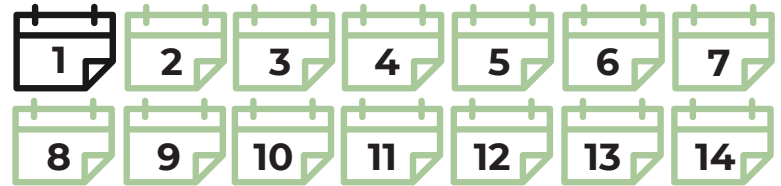


1. Stay home
2. Notify your employer
3. Watch for Symptoms



- *Fever*
- *Cough*
- *Shortness of breath*
- *Chills*
- *Muscle pain*
- *Headache*
- *Sore throat*
- *Loss of taste or smell*

Symptoms appear **2 to 14 days** after exposure.



If you work in critical infrastructure you may be allowed to work during your quarantine period, if certain conditions are met.

If you have COVID-19 or COVID-19 symptoms...



1. Stay home



2. Don't go to work or visit with others outside your home.



3. Call your doctor if you have symptoms.



4. Notify your employer.

Stay in isolation until...

1. **24 hours** after your fever is gone without using medicine.

AND

2. **Your other symptoms have improved** (for example, cough or shortness of breath).

AND

3. **At least 10 days** after your symptoms started.



If you meet these criteria, you do not need a negative test to return to work.

How long do I have to stay home? (Fill in the blanks)

Date I first felt sick:	Date 10 days later:	My fever was gone on:	Date 24 hours later:	My other symptoms got better on:	Circle the latest date. Stay home until:
EXAMPLE July 10	July 20	EXAMPLE July 15	July 16	EXAMPLE July 21	EXAMPLE July 21