

Return to Work Guidelines after COVID-19 Exposure or Illness



SITUATION 1: I TESTED POSITIVE FOR COVID-19

Quarantine at home for at least 10 days since the start of symptoms **AND** at least 24 hours since last fever (without medicine).

SITUATION 2: I MAY HAVE BEEN EXPOSED TO SOMEONE WITH COVID-19

IF LOW-RISK EXPOSURE (incidental contact):

- Self-monitor twice daily
- Report **ANY** fever, cough, or other symptoms to your direct manager
- Wear a mask at all times

If symptoms appear, follow HIGH-RISK recommendations.

IF HIGH-RISK EXPOSURE (15+ minutes within 6 feet of an infected person **OR** live with an infected person):

- Quarantine for 14 days from exposure **OR** until a negative test result

If symptoms develop, see Situation 1.

SITUATION 3: I AM WORRIED ABOUT UNKNOWN EXPOSURE

- Isolate immediately if you have a symptom
- Physical social distance
- Wash hands more frequently
- Do not touch your face
- Wear a mask around others

Consult your employer first before returning to work in case company policies are more restrictive than these recommendations.

For official guidance, see CDC guidance at www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html

The materials contained in this guideline provided by Singing River Health System are based on CDC recommendations as of 7/20/2020. Such guidelines are provided for informational purposes only.

