



# When to Return to Work after COVID-19

Follow these guidelines when staying home and returning to the workplace. These guidelines are for all workers except people who work in health care. Information for health care workers is available on [Health Care: Coronavirus Disease 2019 \(COVID-19\) \(<https://www.health.state.mn.us/diseases/coronavirus/hcp/>\)](#) and from your employer. To use this document, look for the best description (sections A – E) of your current situation, then follow the guidelines for that section.

## **A** You are NOT sick and have NOT been in contact with someone with COVID-19.

### GUIDELINES FOR STAYING HOME

- Stay 6 feet away from others if you need to leave your home.
- Work from home if you can.

### GUIDELINES FOR RETURNING TO THE WORKPLACE

- Stay 6 feet away from co-workers and visitors if possible.
- If it is difficult to stay 6 feet away, wear a mask.

## **B** You are NOT sick, but someone in your household does not feel well.

### GUIDELINES FOR STAYING HOME OR RETURNING TO THE WORKPLACE

- If household member does NOT have COVID-19 symptoms, such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell, follow section A.
- If household member HAS symptoms of COVID-19, such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell, follow section C.

## **C** You were in close contact with someone with COVID-19 (like a person in your household), but you are NOT sick.

### GUIDELINES FOR STAYING HOME

- Stay home, separate yourself from others in your household, and do not share anything (e.g., utensils, phone) for 14 days.
- Work from home if you can.

### GUIDELINES FOR RETURNING TO THE WORKPLACE

- Notify your supervisor.
- Stay home for 14 days.
- If you become sick (fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell), continue to stay home and follow section E.
- Return to work after 14 days if you do not develop symptoms.

**D** You are sick with COVID-19 symptoms such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell, but have NOT been tested for COVID-19.

*or*

**E** You are sick and your health care provider told you that you have COVID-19 (based on a lab test or symptoms).

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#### **GUIDELINES FOR STAYING HOME**

- Separate yourself from others in your household, do not share anything (e.g. utensils, phone) and stay at home for at least:
  - 10 days, and for 3 days with no fever (without fever reducing medicine) and improvement of respiratory symptoms (cough, shortness of breath) whichever is longer.
- Work from home if you can.

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#### **GUIDELINES FOR RETURNING TO THE WORKPLACE**

- Notify your supervisor.
- Return to work after 10 days, and for 3 days with no fever (without-fever reducing medicine) and improvement of respiratory symptoms (cough, shortness of breath) whichever is longer.
- Stay 6 feet away from co-workers and visitors, if possible.
- If it is difficult to stay 6 feet away, wear a mask.