

# RETURN TO WORK GUIDANCE

## Do I need to Quarantine or Isolate?

### What is Quarantine?

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. People who have been exposed to COVID-19 should stay home, separate themselves from others, monitor their health, and consider getting tested. If you test positive or develop symptoms during quarantine, the clock starts over according to isolation guidelines listed below. Vaccinated persons can refer to the [CDC guidance](#) for quarantine requirements.

### What is Isolation?

Isolation is when someone is exposed and symptomatic, or has tested positive for COVID-19, stays home and away from others (including household members) to avoid spreading illness. If you recover from COVID-19, you do not need to quarantine again if exposed within 90 days of original illness.

### What counts as Close Contact?

- You were within 6 ft of someone with COVID-19 for 15+ cumulative minutes in any 24-hour period
- You provide care to someone who is sick with COVID-19
- You have direct contact with someone who has COVID-19

**A 7- or 10-day quarantine period may not apply in some circumstances or settings. Check with your local health district, employer, or institution for approved quarantine requirements.**

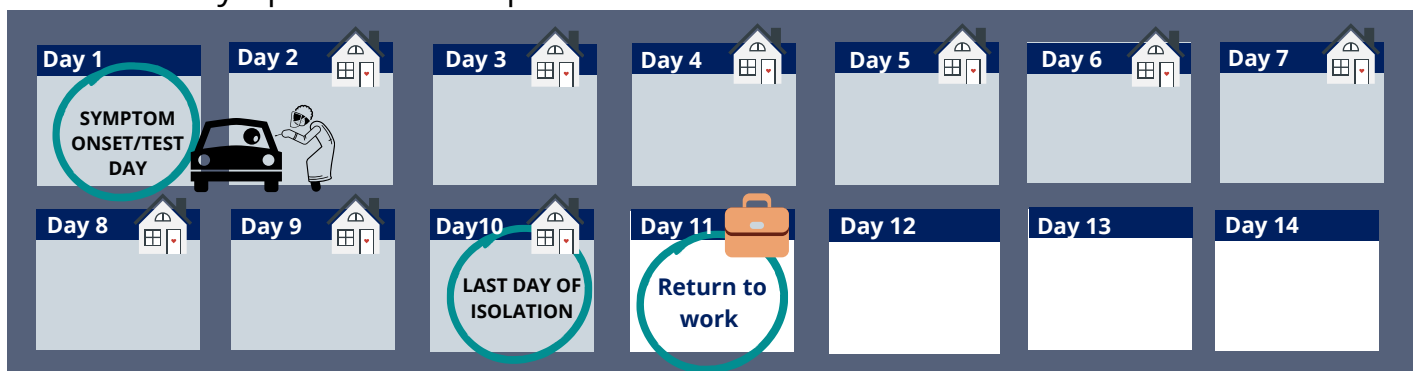
*The following scenarios describe different quarantine and isolation examples.*

**Scenario 1:** I have tested positive for COVID-19.

#### Example 1A. Isolation

Isolation can end if **all** of the following criteria are met:

- 10 days past symptom onset date or test collection date (if asymptomatic)
- You remained fever free over 24 hrs, without the use of fever-reducing medication
- All other symptoms have improved



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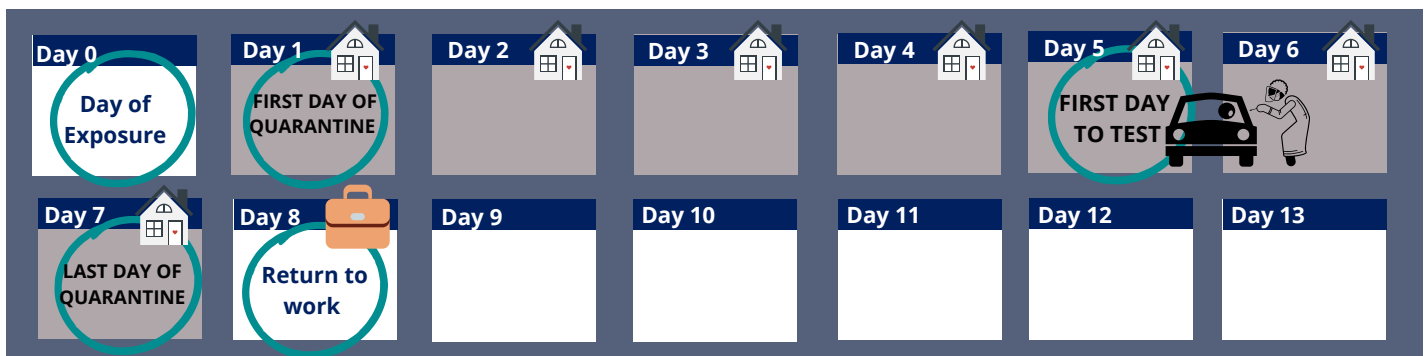
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**Scenario 2:** I had close contact with someone who has COVID-19, but will not have further close contact.

### **Example 2A. 7-Day Quarantine with a negative result**

Quarantine can end after day 7 if **all** of the following criteria are met:

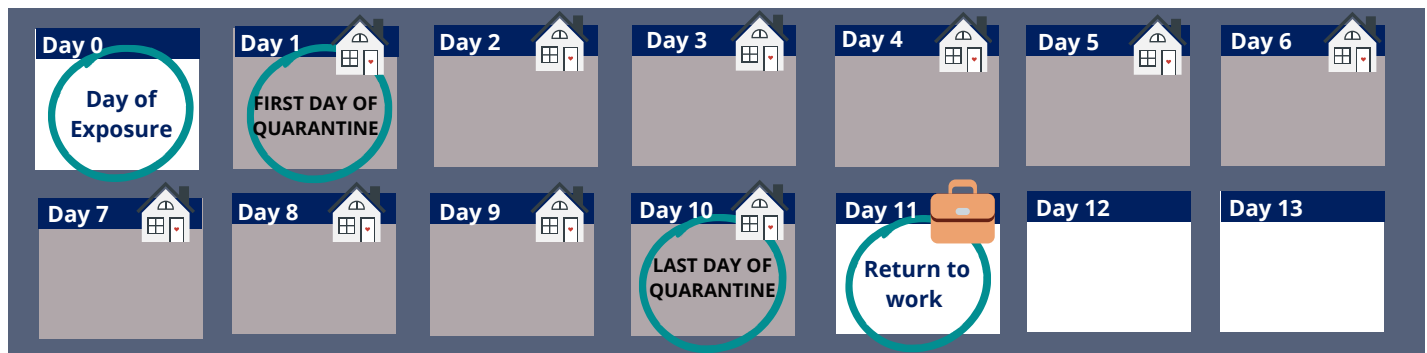
- You tested no sooner than 5 days after quarantine, it was a molecular test, and negative
- You remain symptom free throughout the entire 7-day quarantine period
- You adhere to masking and distancing *at all times* and remain symptom free for 14 days\*
- It has been approved by your employer (certain industries do not allow ending early)



### **Example 2B. 10-Day Quarantine without a test**

Quarantine can end after day 10 if **all** of the following criteria are met:

- You do not plan to get a COVID test after at least 5 days of quarantine
- You remain symptom free for the entire 10-day quarantine period
- You adhere to masking and distancing *at all times* and remain symptom free for 14 days\*
- It has been approved by your employer (certain industries do not allow ending early)



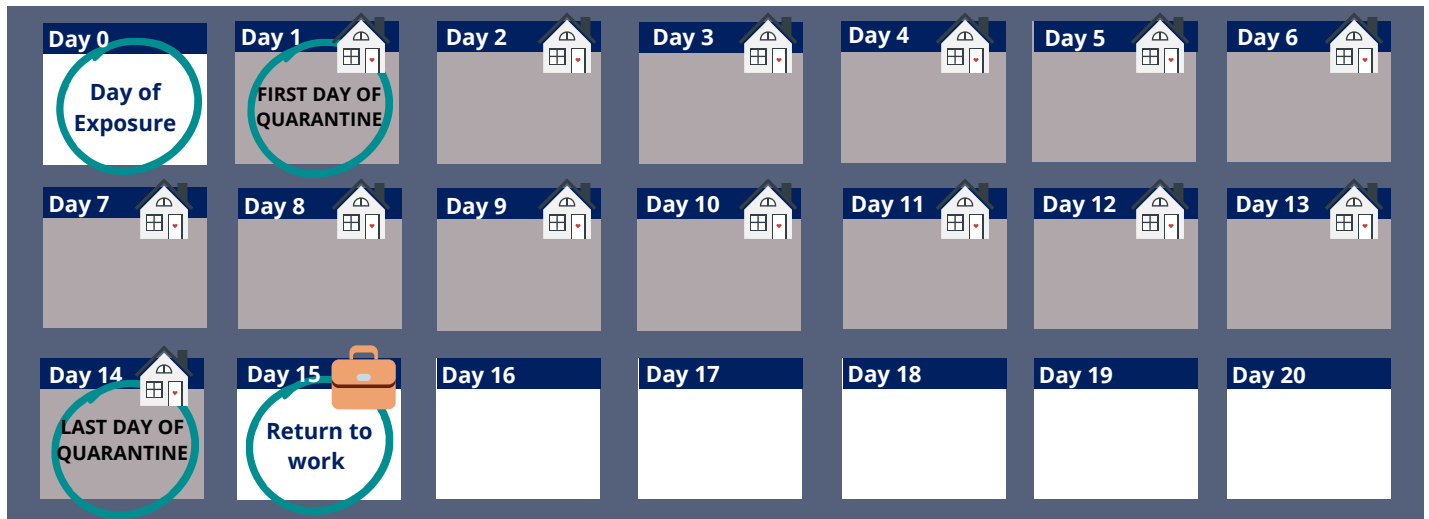
**\*If you develop symptoms within the 14-day period, you should test, and isolate if you test positive.**

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### Example 2C. 14 Day Quarantine (\*Recommended\*)

- Quarantine for 14 days if you do not experience any symptoms or do not meet the additional criteria for a shorter quarantine period
- If you test negative, but are experiencing COVID-like symptoms. (If you test positive you will need to follow the isolation guidelines.)



**Scenario 3:** I had close contact with someone who has COVID-19, and will continue to have further close contact.

### Example 3A. Quarantine with further contact

- Household members must complete a quarantine period **after the last date** of close contact with a positive case during their 10-day isolation period
- If you have additional contact, or someone else in your household gets sick, your quarantine will start over
- Contact your employer to confirm how long your quarantine will be and when your return-to-work date is



**\*If you develop symptoms within the quarantine period, you should test, and isolate if you test positive.**