Return to Work Recommendations for Non-Healthcare Personnel with Confirmed or Suspected COVID-19

Who this is for: Employers, employees and public health officials making decisions about non-healthcare personnel returning to work who have been diagnosed with a confirmed case of COVID-19, or who have a suspected case of COVID-19 (e.g., developed cough, sore throat, shortness of breath, fever), but did not get tested or who are awaiting test results.

Symptomatic persons with confirmed COVID-19 can return to work after:

- A <u>full 5 days</u> after the symptoms first appeared **AND**
- 24 hours after fever ends and other symptoms have improved.
- Continue to wear a well-fitting mask around others for an <u>additional 5 days</u>.

Asymptomatic persons with confirmed COVID-19 can return to work after:

- A <u>full 5 days</u> after positive test **AND**
- If remaining symptom-free, continue to wear a well-fitting mask around others for an <u>additional 5 days</u>.
- Asymptomatic persons who test positive and later develop symptoms should follow the guidance for symptomatic persons listed above.

Symptomatic persons with suspected COVID-19 who did **NOT** get tested _can return to work after:_

- A <u>full 5 days</u> have passed since symptoms first appeared **AND**
- 24 hours after fever ends and symptoms have improved.
- Continue to wear a well-fitting mask around others for an <u>additional 5 days</u>.

Guidance for Close Contacts:

General guidance for persons exposed* to someone with COVID-19 (close contact) depends on COVID-19 vaccination / past COVID-19 infection, regardless of occupation or employment status. Day 0 is date of last exposure.

Vaccinated Persons / Persons with COVID-19 <90 days

Quarantine does <u>not</u> apply to close contacts if vaccinated or who have had COVID-19 within the past 90 days as defined by:

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1. They are boosted; OR have received a second dose of mRNA vaccine within last 5 months; OR have received 1 dose of J&J vaccine within the last 2 months; OR,
2. Tested positive for COVID-19 within the last 90 days.

Additional Precautions

1. Close contacts are recommended to wear a well-fitting mask for 10 days when around others at home and in public.
2. Avoid travel.
3. Avoid being around persons who are at high risk for severe disease.
4. Get tested for COVID-19 at least 5 days after the date of last exposure.
5. If symptoms develop, get a test, and stay home.

Unvaccinated Individuals / Persons with COVID-19 more than 90 days ago (not fully vaccinated and boosted)

Quarantine <u>does apply</u> to unvaccinated persons or unvaccinated persons diagnosed with COVID-19 more than 90 days prior to exposure. Precautions include:

1. Close contacts must stay home for 5 days.
2. After 5 days, continue to wear a well-fitting mask when around others for 5 additional days (days 6-10).
3. Get tested for COVID-19 at least 5 days after the date of last exposure.
4. If symptoms develop, get a test and stay home. If test is negative, resume original quarantine timeline.

The above quarantine guidance for vaccinated people does not apply to long-term care facilities, but it does apply to healthcare workers outside of long-term care facilities.

***Definition of Exposure:** An employee can be exposed to COVID-19 when he/she has been in direct contact with the secretions (droplets) of someone who has COVID-19 (being coughed or sneezed on, kissing, sharing utensils, etc.). Close contact means that he/she has been within 6 feet of someone with COVID-19 for a total of 15 minutes in a 24 hour period and that close contact was with the COVID-19 positive person who had symptoms or had tested positive, or 2 days before then.

When returning to work, employees should:

- Wear a well-fitting face mask if physical distancing cannot be maintained in the workplace. For guidance on masks, go to cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html

- Adhere to hand hygiene, respiratory hygiene, and cough etiquette in CDC's interim infection control guidance (e.g., cover nose and mouth when coughing or sneezing, dispose of tissues in waste receptacles).

- Self-monitor for symptoms, and seek re-evaluation from a healthcare provider if respiratory symptoms recur or worsen.

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