Returning to Work After Testing Positive for COVID-19

Innovative
BENEFIT PLANNING

Coronavirus

+ ✓

**POSITIVE
RESULTS**

**ISOLATE AT HOME
DO SELFCARE**

RETURN TO WORK
Stay at home for at least 10 days after symptoms 1st appeared AND 24 hours after fever stops AND symptoms are improving. If symptoms worsen, contact your Doctor.
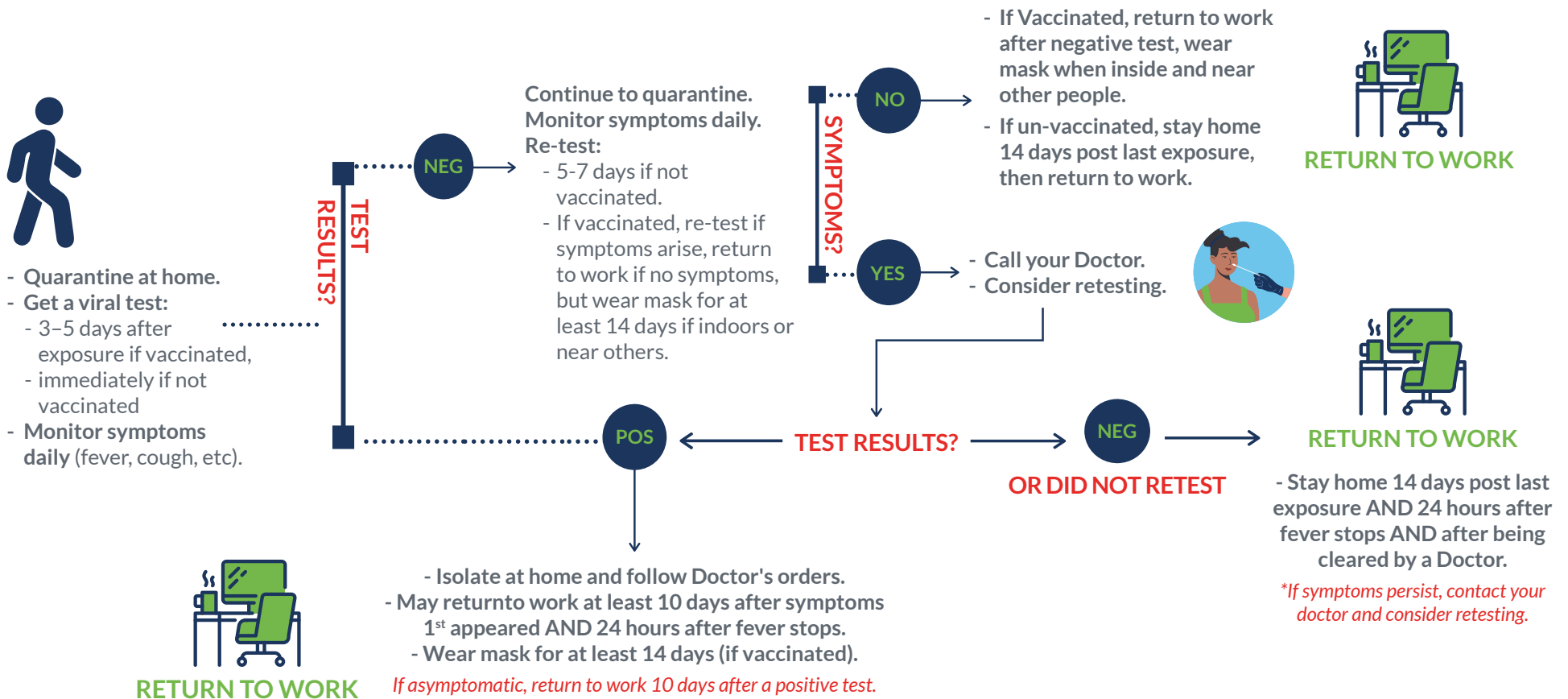
Asymptomatic persons who never develop symptoms may return to work 10 days after positive test.

*Same rules apply whether vaccinated or not*

A test-based strategy is NOT recommended to determine when to discontinue home isolation. Retesting is not recommended within the first 3 months after diagnosis, unless new COVID-19 symptoms develop without alternative diagnosis identified.

Please note that these recommendations do not apply to people with severe COVID-19 symptoms or with weakened immune systems (immunocompromised).

Returning to Work After Exposure to COVID-19

Innovative BENEFIT PLANNING

- Quarantine at home.
- Get a viral test:
  - 3–5 days after exposure if vaccinated,
  - immediately if not vaccinated
- Monitor symptoms daily (fever, cough, etc).

TEST RESULTS?

NEG

Continue to quarantine. Monitor symptoms daily. Re-test:
- 5-7 days if not vaccinated.
- If vaccinated, re-test if symptoms arise, return to work if no symptoms, but wear mask for at least 14 days if indoors or near others.

SYMPTOMS?

NO
- If Vaccinated, return to work after negative test, wear mask when inside and near other people.
- If un-vaccinated, stay home 14 days post last exposure, then return to work.

RETURN TO WORK

YES
- Call your Doctor.
- Consider retesting.

POS ← **TEST RESULTS?** → **NEG**

OR DID NOT RETEST

RETURN TO WORK

- Stay home 14 days post last exposure AND 24 hours after fever stops AND after being cleared by a Doctor.

If symptoms persist, contact your doctor and consider retesting.

RETURN TO WORK

- Isolate at home and follow Doctor's orders.
- May return to work at least 10 days after symptoms 1st appeared AND 24 hours after fever stops.
- Wear mask for at least 14 days (if vaccinated).

If asymptomatic, return to work 10 days after a positive test.

*People are considered fully vaccinated: 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as J&J vaccine.