CDC RECOMMENDS SYMPTOM BASED APPROACH FOR RETURN TO WORK AFTER COVID POSITIVE/COVID EXPOSURE

No longer recommending test based strategy

Recommendations

1. **IF person may have been exposed to a COVID positive person:**

   Separate yourself from other people

   As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask.

   Tell your close contacts that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.

2. **COVID positive people: CDC uses symptom based strategy, not test based strategy**

   - For most persons with COVID-19 illness, isolation and precautions can generally be discontinued 10 days *after symptom onset*1 and resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptom
   - If a team member is symptomatic:
     - Keep track of your symptoms. If you have a fever, cough or other symptoms, you might have COVID-19. Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider.
     - **If you have an emergency warning sign (including trouble breathing),** get emergency medical care immediately

Our recommendation is for team members to be:
Fever free without the use of meds for at least 24 hours and with reduced symptomatology