



# COVID-19 Exposure Guidelines for Return to Work

## CONFIRMED EXPOSURE

**Confirmed COVID-19 Exposure**

1. Quarantine AND
2. Monitor symptoms for 14 days from exposure

Each day on surveillance: Any symptoms?

**Symptomatic**

1. Transition from Quarantine to Isolation
2. Obtain COVID-19 testing

**Asymptomatic**

Have 14 days passed since exposure?

NO

**Quarantine**

YES

**Return To Work**  
IF: 14+ days past exposure

**COVID-19 Positive**

**COVID-19 Negative**

Have 14 days passed from symptom onset?

NO

**Isolation**

YES

Has fever resolved for **AT LEAST 72 hours**?  
(No fever without fever-reducing medications)

NO

**Isolation**

YES

**Return To Work**

IF: (1) 14+ days past symptom onset AND  
(2) Fever resolved for 72+ hours AND  
(3) All symptoms resolved

Have symptoms resolved for **AT LEAST 24 hours**  
(No fever without fever-reducing medications)  
**If NEW symptoms arise during 14 day monitoring, return to isolation AND re-test for COVID-19**

YES

**Return To Work**

IF: (1) 14+ days past exposure AND  
(2) 24+ hours symptom free

NO

**Isolation**

**Symptoms include:**

- Fever > 100F
- Respiratory symptoms i.e. new cough, new shortness of breath, sore throat, body aches



# COVID-19 Exposure Guidelines for Return to Work

## NO DOCUMENTED EXPOSURE

**No Documented Exposure to Known COVID-19 Person**

Monitor symptoms

**Symptomatic**

Testing for COVID-19 is **encouraged** for symptomatic first responders

**Asymptomatic**

There is **NO** role for testing first responders without symptoms at this time

Testing obtained

Testing NOT obtained

**COVID-19 Positive**

**COVID-19 Negative**

Have symptoms resolved for **AT LEAST 72** hours?  
(No fever without fever-reducing medications)

**NO**

**Quarantine**

**YES**

**Return To Work**

IF: 72+ hours symptom free

Have 14 days passed from symptom onset?

**NO**

**Isolation**

Have symptoms resolved at home?  
(No fever without fever-reducing medications)

**NO**

**Quarantine**

**YES**

**Return To Work**

Per routine wellness and return following illness

Has fever resolved for **AT LEAST 72** hours?  
(No fever without fever-reducing medications)

**NO**

**Isolation**

**YES**

**Return To Work**

IF: (1) 14+ days past symptom onset AND  
(2) Fever resolved for 72+ hours AND  
(3) All symptoms resolved

**Symptoms include:**

- Fever > 100F
- Respiratory symptoms i.e. new cough, new shortness of breath, sore throat, body aches