Return to Work/School Guidelines

**SITUATION I**
Individual is COVID-19 POSITIVE

Individual is symptomatic:
1. Self-isolation for Rule of 24/10
   a. At 24 hours since recovery
   b. At least 10 days since symptoms first appeared

Individual is/remains asymptomatic:
1. 10 day self-isolation from positive test date (Day 0)

**SITUATION II**
Individual (excluding people who have had COVID-19 within the past 3 months) has had effective contact with a confirmed COVID-19 + person.

1. 10 day (from last contact) self-quarantine if asymptomatic OR 7 day (from last contact) self-quarantine if asymptomatic AND a negative COVID-19 test performed on Day 5 or later from last contact.

2. If symptoms develop, self-quarantine for Rule of 24/10.

**SITUATION III**
Individual (excluding people who have had COVID-19 within the past 3 months) has had effective contact with a possibly COVID-19 + person.

1. Self-monitor for symptoms and with twice daily temperature checks. Limit social contacts and always wear a mask.
2. If person is COVID-19 positive, individual follows Situation II.
3. If person is COVID-19 negative, individual resumes normal activity.

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**Effective contact** is defined as contact within 6 feet for a cumulative total of 15 minutes or more over a 24 hour period, with or without a mask, starting from 48 hours before symptoms (or 48 hours before test date if asymptomatic); direct physical contact (hug or kiss); providing care to a sick, COVID-positive person; sharing eating or drinking utensils; or if the person sneezed, coughed, or otherwise got respiratory droplets on you.

**Recovery** is defined as resolution of fever without the use of fever-reducing medications AND symptom free.

**Additional Criteria Required for Shortened Quarantine Approval:** For 14 days (from last effective contact) 1) daily symptom monitoring; 2) correct and consistent mask use; 3) social distancing; 4) hand and cough hygiene; 5) environmental cleaning and disinfection; 6) avoiding crowds; 7) ensuring adequate indoor ventilation [https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)