

When Can I Return to Work

After COVID-19 Exposure?

Updated 1/6/21



Whatcom County
HEALTH
Department



If you were exposed to COVID-19...

1. Stay home for 14 days.
2. Notify your employer.
3. Watch for symptoms:
 - Fever
 - Cough
 - Shortness of breath
 - Chills
 - Muscle pain
 - Headache
 - Sore throat
 - Loss of taste/smell
 - Fatigue
 - Nausea/vomiting
4. Get COVID-19 test 5-7 days after exposure.
5. Stay home even if test result is negative. If test is positive, follow the steps below.

If you work in critical infrastructure:

Your employer will consult with our Business Response Team to see if you can work during quarantine.

If you have COVID-19 or COVID-19 symptoms...



1. Stay home.



2. Notify your employer.



3. Don't go to work or visit with others outside your home.



4. Call your health care provider.

Stay in isolation until...

1. **24 hours** after your fever is gone without using medicine, AND
2. **Your other symptoms have improved** (for example, cough or shortness of breath), AND
2. **At least 10 days** have passed since your symptoms started.

Stay in isolation until you meet all three criteria, then you may return to work the next day. You do not need a negative COVID test.

How long do I have to stay home? (Fill in the blanks)

| Date I first felt sick: | Date 10 days later (isolate at least this long): | My fever was gone on: | Date 24 hours after fever ends: | My other symptoms got better on: | Circle the latest date. You can return to work the next day. |
|-------------------------|--------------------------------------------------|-----------------------|---------------------------------|----------------------------------|--------------------------------------------------------------|
| EXAMPLE Jan 10 | EXAMPLE Jan 20 | EXAMPLE Jan 15 | EXAMPLE Jan 16 | EXAMPLE Jan 17 | EXAMPLE Jan 21 |