

# SLOW THE SPREAD OF COVID-19

July 22, 2020

## When You Can Be Around Others

Use the information below to determine when it is safe to leave your home and return to work.



### I HAD COVID-19: WHEN CAN I RETURN TO WORK

The Centers for Disease Control and Prevention (CDC) states that a test-based strategy is not recommended to determine when someone can discontinue home isolation or quarantine. Employers should not require employees to provide a negative COVID-19 test result or healthcare provider's note to return to work. Share a screen shot of your Sara Alert™ text or email that indicates your self-isolation has ended. People can stop home isolation or quarantine and return to work when they have met all the conditions in boxes A, B or C below.

### A

#### I HAD COVID-19 SYMPTOMS

Most people can stop self-isolation\* at home when all 3 of these things have happened:

- ✓ You haven't had a fever for at least 24 hours (without the use of medicine that reduces fevers),
- AND
- ✓ Symptoms have improved and you have not developed new symptoms,
- AND
- ✓ At least 10 days have passed since symptoms started or since the date of your positive COVID-19 test.



**If you have met all 3 conditions, you are cleared and no longer need to self-isolate.**

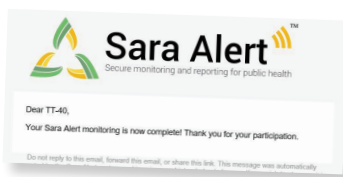
*If you are immunocompromised, check with your doctor before ending isolation.*



*COVID-19 symptoms may include fever, cough, difficulty breathing, chills, fatigue, muscle pain, headache, sore throat, runny nose, nausea or vomiting, diarrhea or new loss of taste or smell.*

### TIP

Is your employer requesting a negative COVID-19 test result? Share a screen shot of your Sara Alert™ text or email that indicates your self-isolation has ended.



[fairfaxcounty.gov/health/novel-coronavirus](https://fairfaxcounty.gov/health/novel-coronavirus)

For questions about COVID-19, call the Health Department call center at 703-267-3511. The Fairfax County Health Department does not provide COVID-19 diagnosis or testing.

### B

#### I TESTED POSITIVE FOR COVID-19 BUT NEVER HAD SYMPTOMS

Most people can stop self-isolating\* at home after both of these things have happened:

- ✓ At least 10 days have passed since your positive COVID-19 test,
- AND
- ✓ You don't develop any new symptoms since the test.



**If you have met both conditions, you are cleared and no longer need to self-isolate.**

*\*Isolation: sick people separate from people who are not sick.*

### C

#### I WAS EXPOSED TO COVID-19

People need to quarantine\*\* when they have spent at least 15 minutes within 6 feet of a person with COVID-19.

When you are quarantining because someone with COVID-19 lives in your household:

- ✓ Stay home and monitor for symptoms the entire time the person is home sick, and for 14 days after the sick person\* is allowed to leave the house.

When you are quarantining because you spent time with someone with COVID-19:

- ✓ Stay home and monitor for symptoms for 14 days after the last time you interacted with the person.

**If you have met both conditions, you are cleared and no longer need to quarantine.**

*\*\*Quarantine: people who are exposed to COVID-19 but are not sick separate from others.*

